



2020 Federal Census Kicks Off - Page 2  
Emergency Preparedness Course - Page 3  
Police, Neighbor App Partnership - Page 17



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# The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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**FROSTY FROLIC** - Darian Hockney (foreground), a third grader at the Atherton Hough School, is all smiles as she and about 40 other participants take part in last Saturday's fourth annual Houghs Neck Polar Plunge. This was Darian's third year taking part in the event. In the background is the Quincy Police Marine Unit. Proceeds benefit the Atherton Hough Elementary School PTO. Story, more photos on Page 14.

Quincy Sun Photo/Robert Bosworth

## Koch's 'State Of The City' Jan. 28

By SCOTT JACKSON

Mayor Thomas Koch plans to give his annual State of the City address on Monday, Jan. 28.

The mayor said this year's speech would take place at 11 a.m. on that day. The location for the annual event has not yet been de-

cided; he mentioned both City Hall and the Thomas Crane Public Library as possible venues.

Koch, in a recent interview, said he has not yet started to write the speech.

"You know, I haven't really given it a lot of thought," he said. "One of

the good things of moving it toward the end of the month is it's away from the holidays. It used to be a lot of stress around the holidays trying to figure it out, so this pushes it out a little bit. I'm good under pressure so I'll probably start thinking about it next week. When I

say thinking about it I mean pulling things together.

"There is a lot to talk about from both aspects - where we've been and how far we've come."

When asked if he planned to make any major announcements, Koch said

Cont'd On Page 3

## Student Literacy Skills Improving

By TOM GORMAN

School officials say they are making strides in improving literacy skills for at-risk students.

During a recent school committee meeting, the district's Coordinator of English Language Arts Bridget Vaughan and literacy teachers Janet Baglione and Colleen Dufresne outlined the Literacy Program Improvement Plan for the 2018-19 school year. The program identifies and provides

support for kindergarten through grade five students who struggle developing foundational literacy skills.

"The students are selected by the integrated learning teams based on test assessment results and their overall reading performance," Vaughan told the committee. "Literacy teachers provide intervention using researched-based programs."

Vaughan said the pro-

gram serves about 800 students with 20 literacy teachers.

Baglione explained that the integrated learning team is comprised of literacy teachers, English Language teachers, principals, guidance counselors, and special education teachers. The team assesses each student's literacy abilities and provides support where needed.

"Three times a year we

meet with each classroom teacher to talk about the assessments the students were given," said Baglione. "In between that, we try to adjust instruction, and check in for the most concerned students to make sure what we're doing is working."

A three-level system is used based on the degree of support a student needs. Tier-1 represents students

Cont'd On Page 4

## Pot Shops Eye Quincy

By SCOTT JACKSON

Companies looking to open recreational marijuana stores in Quincy have reached out to city officials, Mayor Thomas Koch said recently, and the medical marijuana dispensary in West Quincy has expressed

an interest in retail sales as well.

The Bay State's first two recreational pot shops opened in Leicester and Northampton in November, and additional stores followed after that. The state

Cont'd On Page 11

## Interest High In Lowe's Site

By SCOTT JACKSON

A number of retailers have expressed an interest in the South Quincy site now home to a Lowe's store set to close in the coming

weeks.

The home improvement giant announced late last year it would close 51 stores across the U.S. and Canada

Cont'd On Page 11



**CHILLS AND THRILLS** - John Galligan heads for dry land after participating in Saturday's Houghs Neck Polar Plunge with his children, son Beau (left) and daughter Amelia (right).

Quincy Sun Photo/Robert Bosworth



Sore Throats: Causes And Treatments - Page 9  
Homeowners Warned About Deed Scam - Page 12  
Police Adult Self Defense Class Jan. 22-23 - Page 28

More Quincy news:  
**The Quincy Sun.com**



# Croall Re-elected Council President

By SCOTT JACKSON

Ward 2 Councillor Brad Croall was re-elected the president of the City Council on Monday after councillors reconvened for the new year.

Croall, who has served on the council since 2012, presided over the body in 2018 and was given a second one-year term Monday in a 7-0 vote. Councillors Kirsten Hughes and Brian Palmucci were not in attendance at the meeting.

Following his colleagues' vote, Croall said he looked forward to another year as council president.

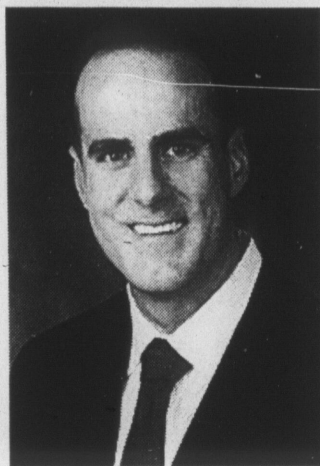
"I love serving in the city. I love being available to all you folks in various situations," Croall said. "There is a ton of work that goes into what we do collectively and retrospectively and I look forward hopefully to another successful year."

Croall added that his door is always open for his fellow councillors and members of the public.

"All that I can ever offer is my time," he said. "I think I've been pretty open with anything I can do to help you - the door is always open - and I know we all express that to the general public as well."

The council's two freshman members, David McCarthy and Anne Mahoney, nominated Croall to a second year as president.

McCarthy credited Croall for positive leadership and for wanting to move the city



BRAD CROALL

forward.

"Over the course of the years that I've spent in public service, I've watched Brad many years while I was on the School Committee come up here to the council as the Ward 2 councillor and grow and move forward to the position of president," McCarthy said.

"After my first year here on the council, I can see his leadership is positive, he wants to move Quincy forward, he's a straight shooter and he's a great guy for the city to have as the president of the City Council."

Mahoney said Croall was always there to help her when she had a question or concern.

"It's been a pleasure to work with you this last year," Mahoney said. "It was my first year on the council and there was a lot of learning to do. Any questions I had, any opportunity I had to raise a question or raise a concern, you were always there to help."



JOHN BAYLOR, the regional director for the U.S. Census Bureau, spoke Tuesday at an event in the James R. McIntyre Government Center emphasizing the importance of counting all residents during the 2020 federal census. Looking on (from left) were: John Barr from Secretary of State William Galvin's office; census liaison and former city clerk Joseph Shea; Mayor Thomas Koch; City Clerk Nicole Crispo; and Philip Chong, CEO of Quincy Asian Resources Inc. Quincy Sun Photo/Robert Bosworth

## Officials Kick Off 2020 Census Count Could Peg City's Population Over 100,000

By SCOTT JACKSON

Quincy's population is expected to surpass 100,000 on next year's federal census, city officials said Tuesday during an event to stress the importance of counting every resident as part of the decennial survey.

A standing-room-only crowd - including local, state and county elected officials, city department heads, leaders of Quincy's school system, business community and non-profits - was on hand Tuesday morning for the event inside the James R. McIntyre Government Center.

Quincy had a census count of 92,721 in 2010 and an estimated population of 96,000 in 2016, City Clerk Nicole Crispo said.

"It is our goal for 2020 to count every person re-

siding in the city of Quincy and anticipate we will reach over 100,000 people due to the surge of recent growth in our city," she said.

Mayor Thomas Koch said he too believes Quincy's population will exceed 100,000 - once all residents are accounted for, and pledged to work with Crispo to ensure that are all counted.

"All of us pledge, I know, to work with Nicky going forward to make sure we get everybody in our city counted. It's not going to be an easy task. People are busy in their lives, some people don't like to give up any information, so it's a challenging task," Koch said.

"We believe we are definitely over 100,000 and that puts us in a whole different category for a lot of reasons as a city and municipality."

The mayor noted the census is used to determine how many members each state will send to the U.S. House of Representatives. Federal

and state legislative districts are also based on population.

"All the district lines will be redrawn based on the federal census count, both for Beacon Hill and Capitol Hill," Koch said. "We don't want to lose seats. We don't want to lose representation."

Federal and state funding is also disbursed based on the census count, the mayor said.

"Obviously the federal census count goes into that factor as well," Koch said. "Being in the business of being the CEO and mayor of the city, dollars matter. I think we've leveraged a lot of dollars over the years here, but the count has an impact on the kind of federal and state grants we do receive."

Joseph Shea, a census liaison and former city clerk, said he worked with the city's IT and Public Works Departments last year to put together a list of 3,800 new residential addresses

that will receive the federal census for the first time next year. Many of those addresses are units inside new apartment and condominium complexes built citywide since 2010.

Shea said it would be important to get residents living inside those new units counted in order to put Quincy's census count over 100,000.

"All these building, which are traditionally harder to count than single-family homes, are in here and we're going to work hard and we think this will be the key to reaching our goal," Shea said, holding a list of all 3,800 new addresses.

John Barr, Secretary of State William Galvin's program manager for the census, said officials from Galvin's office have been meeting with local officials statewide in recent months to start the groundwork for the 2020 census. That work includes creating lists - such as the one Shea presented - of new residential addresses created since 2010.

"When you look at the projects and you find the number of addresses and the amount of money that goes along with each person counted, you're talking just a bundle of money that will go to the municipality," Barr said.

"It's so important that the groundwork has been done and Massachusetts is in such a great position to succeed. Now it's really going out and getting the best possible count that we can. That cannot be done without the help of everyone."

John Baylor, the regional director for the U.S. Census Bureau, said the 2020 census will be the first that residents can fill out online and over the phone in English and 12 other languages. The first census mailing sent out next year will contain an identifying number resi-

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### Mite Box Thrift Shop

The Mite Box Thrift Shop, located at St Chrysostom's Church, 1 Linden St. in Wollaston, is open Wednesdays, Thursdays,

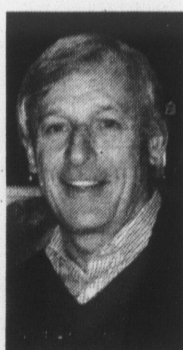
and Fridays from 10 a.m. through 4 p.m.

The shop is also open the first Saturday of each month.

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Cont'd On Page 18

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# Emergency Preparedness Course Jan. 29-30

The City of Quincy Office of Emergency Management in collaboration with the Massachusetts Executive Office of Public Safety, the Boston Public Health Commission, and the DelValle Institute for Emergency Preparedness will conduct a Basic Community Emergency Preparedness Course on Jan. 29-30.

The blended web-based and in person interactive course will train participants on preparedness for disasters and emergencies such as blizzards, hurricanes, house fires, and flooding. Following completion of the course, participants will

be more knowledgeable and resilient in planning and preparing for potential emergency scenarios. The course will also present attendees with the required concepts to provide technical assistance and guidance to other members of the community during emergencies.

The in-person portion of the course will be conducted from Wednesday, Jan. 30th from 6 to 8:30 p.m. at the Quincy Park and Recreation complex, 1 Merrymount Parkway, and will be open to all Quincy residents.

Cont'd On Page 12

## Koch's 'State Of The City' Jan. 28

Cont'd From Page 1

it was too soon to say.

"Again, I haven't thought about the content yet. I think about things all the time as far as what we're doing, where we are, where we're going. I don't know about any major announcements," Koch said.

"I think there will be some - I don't want to use the word re-hash - we'll talk about some areas. How far we've come. Why Quincy is such a special place. Talk a little bit about this coming year and where we want to be."

Koch, who is up for re-election in the fall, ruled out making any announcement about his future political plans during the State of the City.

"It should not be political," he said of the State of the City.

During his 2018 State

of the City address, Koch identified new infrastructure improvements meant to improve the commute for motorists while also benefiting cyclists and pedestrians. Those infrastructure improvements included new state-of-the-art traffic management systems at key intersections, the launch of a bike-sharing program and creation of new bike lanes, and bonds to pay for improvements to roads, sewers and water mains.

Koch also announced plans to sign an economic-development pact with County Cork, Ireland, during his 2018 speech, as part of the ongoing Quincy400 initiative.

Lt. Gov. Karyn Polito and Dr. Richard DeCristofaro, the superintendent of the Quincy Public Schools, both spoke before Koch during the 2018 event.



**SALVATION ARMY DONATION** - Officers, on behalf of membership, from the Quincy Sons of Italy Lodge #1295 recently made their annual \$1,000 donation to the Quincy Salvation Army. The Salvation Army is one of many organizations who continue to benefit from Quincy Sons of Italy's #1295 charitable fundraising activities. From left to right: John Oakes, Lodge #1295 treasurer; Capt. Kyle Maynor, Quincy Salvation Army; Lou Arienti, Lodge president; John DeCarli, Sr., Lodge financial secretary and Charity Commission chairman; and Dan Grant, chairman for the Board of Trust, Lodge #1295.

Photo Courtesy Jack Brown, Jr./Quincy Sons of Italy

## Entries Sought For Houghs Neck Chili Cook-Off

The 10th annual Houghs Neck Chili Cook-Off will be held on Saturday, Jan. 26 from 1-4 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave.

Last year over 200 people

attended. Prizes for best individual and restaurant entries will be awarded.

Sample over 20 different recipes and vote for your favorite. Soda, beer, hotdogs, chips and bake sale avail-

able.

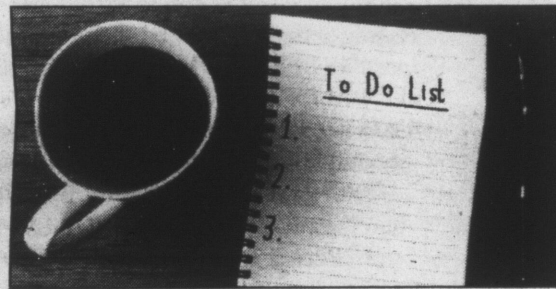
Admission is \$5.

There is no fee to enter.

Participating individuals and restaurants supply the chili and utensils; the rest

is supplied at the venue.

To enter or for more information contact Pam Craig at 617-471-8968 or email pcraig1962@comcast.net by Jan. 19.



## Should you go back to a 30-year mortgage?

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### Ask the GEMOLOGIST

BY JEFFREY M. BERTMAN  
GRADUATE GEMOLOGIST



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If you are a fan of emerald and aquamarine, both members of the beryl family, you may also want to acquaint yourself with morganite. Named after financier J.P. Morgan, morganite ranges in colors of pink, from pale blush, to rose, to peach, to salmon, and is probably the most popular of the non-emerald beryls. Its pastel pink or peach color is similar in intensity to the blue of aquamarine. In addition, the beryl family includes heliodor, also known as golden beryl. Then, there is the rare red beryl, which is as red as emerald is green. Pale green beryl is a green version of aquamarine. Finally, there is colorless beryl, or goshenite, which displays the

brilliance of the beryl family. Being knowledgeable about gemstones is one thing, but when you are making an investment in gemstone jewelry of any color or kind, you need a trained professional. Fine Jewelry cannot be judged just on appearance, which is why the experience, ethics, and credentials of your jeweler are so important. We'd love to show you our collection of one-of-a-kind custom designs at Rogers Jewelry. It's always fun to visit at 1402 Hancock St. in Quincy Center. Call us at 617-773-3636. Serving Quincy since 1944, now let us serve you!

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## Volunteers Needed To Help Remove Wreaths At Cemetery Saturday

The public is welcome to assist in the removal of the Remembrance Wreaths that were placed at Mount Wollaston Cemetery on Saturday, Jan. 12 at 10 a.m.

Over 300 volunteers helped place wreaths on more than 3,200 veterans graves during the "Wreaths Across America" event last

month. The wreaths need to be collected and removed from the graves this Saturday.

Volunteers who would like to assist this effort are asked to meet on the Sea Street side of the cemetery across from the Quincy Police Station at 10 a.m.



Moments  
in time

THE HISTORY CHANNEL

• On Jan. 24, 1848, a millwright named James Marshall discovers gold along the banks of Sutter's Creek in California, forever changing the course of history in the American West. Within months, the world's largest gold rush had begun.

• On Jan. 23, 1922, at Toronto General Hospital, 14-year-old Leonard Thompson becomes the first person to receive an insulin injection as treatment for diabetes. He improved dramatically, and the University of Toronto gave pharmaceutical companies license to produce insulin, free of royalties.

• On Jan. 21, 1957, singer Patsy Cline, one of the greatest figures in country music, first gains national attention with her winning appearance on CBS' "Arthur Godfrey Talent Scouts." The program featured amateur entertainers making their national television debuts.

• On Jan. 26, 1961, President John F. Kennedy appoints Janet Travell, 59, as his personal physician, making her the first woman ever to hold the post. Travell, an orthopedist, had worked closely with Kennedy for five years, treating his persistent back pain.

• On Jan. 27, 1975, a bipartisan Senate investigation of activities by the Federal Bureau of Investigation and the Central Intelligence Agency is launched by a special congressional committee. The committee reported that the FBI and the CIA had conducted illegal surveillance of several hundred thousand U.S. citizens and had illegally plotted to assassinate foreign leaders.

• On Jan. 22, 1981, Rolling Stone magazine's John Lennon tribute issue hit newsstands, featuring a cover photograph of Lennon and Yoko Ono. The photo had been taken on the morning of Dec. 8, 1980, just 12 hours before Lennon's death.

• On Jan. 25, 1995, Russia's early-warning defense radar detects an unexpected missile launch near Norway that was thought to be part of a surprise nuclear strike by Western nuclear submarines. Later, it was revealed that the missile actually was carrying instruments for scientific measurements.

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## Student Literacy Skills Improving

Cont'd From Page 1

who are not at risk for low-level reading and require no extra support. A Tier-2 student is at some low-reading achievement risk and may require some additional help. Tier-3 students are at risk for low reading abilities and require intensive intervention and instruction for accelerated growth.

Dufresne explained that the literacy support program is available at each elementary school.

"The teachers decide what area students need support," she said. "What works for some students doesn't work for all students. We pick and choose from what skills the students need and what program will fit their needs."

School officials credit initiatives that have been implemented that resulted in more students improving their literacy skills.

According to Dufresne, the literacy team exceeded its goals last year of reducing the number of Tier-3 students, increasing scores on reading assessment exams, and providing teacher training to improve instruction.

Results of assessment exams administered during the last school year showed the number of Tier-3 kindergarten through grade 2 students decreased by 34 percent, exceeding the 3 percent goal.

Dufresne said grade one had the most "dramatic" result. Between last fall and spring, grade one Tier-3 students decreased by 26 percent while Tier-1 students increased by 18 percent.

There were 6 percent fewer kindergarten students in the Tier-3 word fluency exam while there was a 13 percent drop in the Tier-3 letter naming fluency subtest in the spring from fall. In grade two, 6 percent fewer students finished in Tier-3 and 6 percent more in the top tier.

In the MAP growth assessment, grade 2 experienced a 14.2 point increase while grade 3 had a 11.7 point hike. Both exceeded the 10 point increase goal.

"The MAP test gives us what they know now and what they're ready to learn right this minute and where you can go after that," said Dufresne.

This year goals include providing more resources so classroom teachers "can really dive deeper" to better understand intervention needs as well as focus on the kindergarten subtest. According to Vaughan, kindergarten students have the most literacy assessment tests throughout the year.

"We have to get them early with all of those skills and make sure they are solid," she said. "Kindergarten students have the most skills to learn."

The literacy team will continue its goal of decreasing the number of Tier-3 students by 3 percent at each grade level, kindergarten through grade two. Additionally, the team will strive to support the district's reading comprehension goal by implementing strategies that will increase the MAP test score by 10 points.

The final goal will be

providing a more manageable and effective use of assessment reports and resources for classroom, special education and English Language teachers and parents.

"We will work with the classroom teachers and specialists to make sure we're on track," said Vaughan. "We will constantly monitor our students along the way."

Committee member Paul Bregoli questioned whether the high number of Tier-3 kindergarten students is related non-English speaking students.

"Our population is continuing to evolve and change," he said. "We want to make sure we are evaluating our children correctly."

The district's director of special education and elementary programs Erin Perkins said that English Language teachers bring in interpreters when needed for students "to determine fluency in their language." She added that kindergarten is the first "structured environment" for students and that may also be attributable to the high Tier-3 percentage.

Bregoli also questioned the assessing process and if some students may need special education intervention in addition to literacy support.

Dufresne said that special education teachers are involved in literacy team meetings to help identify intervention needs.

Committee member Douglas Gutro praised the team's efforts in exceeding their goals for last year.

"You had a modest goal and blew it away," he said.

The committee voted to accept the improvement plan.

In another matter, parent and Citywide Parent Council Co-President Scott Alessandro proposed the committee consider adding a health and wellness class as part of the curriculum for high school students.

In addressing the committee during its open forum session, he noted it is a graduation requirement in some neighboring districts, including Hingham, Boston, Weymouth, Braintree and Milton. He said most districts offer the class in 10th grade.

Alessandro pointed out that health classes are offered in Quincy's elementary and middle schools. He said that high school should be the place to provide more, in-depth discussions on such health topics as fitness, healthy relationships, reproduction, sexual and gender expression, stress, mental health, and nutrition.

"It is imperative to help students have these conversations in exploring these areas," he said. "But not addressing (health issues) in the classroom, you're not giving our students the message that these issues are important and need to be discussed. It is especially important to have a deeper discussion in high school as we prepare our students for adulthood."

A subcommittee will consider Alessandro's proposal.

## AARP January Fraud Watch Update

By CINDY CAMPBELL

AARP Massachusetts Communications Director

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

### SCAM ALERT #1:

#### Social Security Scams

Acting Inspector General of Social Security Gale Stallworth Stone is warning citizens about phone call scams in which impersonators are copying SSA's 1-800 number so that it appears as a legitimate call on a caller-ID screen. These scammers then identify themselves as SSA employees, request a person's Social Security number and threaten to terminate the person's benefits. If you receive a call like this, do NOT provide any personal information. Instead report this scheme by calling 1-800-269-0271 or visit the SSA Office of Inspector General website at: <https://oig.ssa.gov/> report.

### SCAM ALERT #2:

#### W-2 and Tax Aid Scams

As the tax season approaches, individuals as well as small businesses need to be cautious of identity theft. Identity thieves use stolen Employer Identification Numbers to create fake W-2 Forms to file with fraudulent individual tax returns. Fraudsters also used these to open new lines of credit or obtain credit cards. Now, they are using company names to file fraudulent returns. Employers are warned to lookout for emails asking for sensitive W-2 information. If you believe you have been targeted by a tax scammer, you

can report it to [dataloss@irs.gov](mailto:dataloss@irs.gov) and [StateAlert@tacadmin.org](mailto:StateAlert@tacadmin.org).

### SCAM ALERT #3:

#### Advance Fee Scams

New college students are receiving admissions letters and scholarships this time of year. Among the letters from universities, many students may also receive offers for alleged student loans, scholarships, financial aid, and job offers. Some will charge a fee for things you could do by yourself, like filling out college applications, writing college essays, filling out the FAFSA (financial aid) form, or filling out job applications. Whether they end up providing the service once you've paid up is unsure, in many cases.

If you hear any promotion of "just give us money and we'll do the rest," know that this is likely a scam. While some of the forms and applications can be difficult to get through, it is best to protect your personal information and fill them out yourself or with someone representing a reputable company.

### SCAM ALERT #4:

#### Telephone Scams

Telephone scammers try to trick you out of your money or personal information by using many different tactics. Sometimes they offer or promise money, fake products, or trips, and sometimes threaten arrest if you don't pay them. The best way to protect yourself is to hang up on these callers and ignore their messages. You can also register for the National Do Not Call Registry: 1-888-382-1222 or [www.donotcall.gov](http://www.donotcall.gov) and check with your telephone company about additional call blocking options.

**Be a fraud fighter!** If you can spot a scam, you can stop a scam. Report scams to local law enforcement. Contact the AARP Fraud Watch Network at [www.aarp.org/fraudwatch](http://www.aarp.org/fraudwatch) network for more information on fraud prevention.

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## Scenes From Yesterday



THIS 1944 real photo postcard view of the sailors' band stationed at the U.S. Naval Air Station in Squantum in World War II. The flying Squantum Sea Witch on the drum was the symbol of the air station. Most of the band

members were African-Americans. The sailor with the clarinet standing next to the chief on the right sent this postcard home to his aunt in Jefferson City, MO.

From the Postcard Collection of Tom Galvin

## Quincy's Yesterdays

This Week  
1977  
42 Years Ago

### 3 Storms Deplete City's Snow Budget

Three snowstorms that wracked the city during the past two weeks have completely depleted the city's budget for snow removal, according to Mayor Joseph J. LaRaia.

LaRaia could not estimate the cost of snow removal for the three storms but said that the \$118,588 budgeted for such costs for the year covered only "most of the first storm."

The city will have to borrow or transfer funds to fight future storms this year.

The city plowing crews could not keep up with the most recent snowfall and slicks of packed, glazed snow lined most of the city's side streets and few main roads.

#### \$28.8 MILLION SCHOOL BUDGET PROPOSED

School Supt. Lawrence P. Creedon planned to present a \$28.8 million school budget for 1977-78 to the School Committee, up a comparatively tiny 1.4 percent over that of 1976-77. In the past, increases ranged from 9.8 percent to 16 percent.

Dr. Creedon listed items in the proposed budget that were beyond the control of the budget makers, including staff salaries, heating and lighting costs and state mandated programs, all of which make up more than 90 percent of the budget.

#### QUINCY-ISMS

**Louis Quintiliani**, mayor of Santo Donato, Italy, was presented with a certificate making him an honorary citizen of Quincy. **Mayor LaRaia** made the presentation, along with **Councillor James A. Sheets**. Quincy businessman **Hugo Fabrizio**, a cousin of the Italian mayor, was also in attendance. . . The Presidential Cooperative Bank, 1 Granite St., corner of Hancock Street, announced that effective Jan. 8, the bank would be open every Saturday from 10 a.m. to 2 p.m. . . **Cheryl Shaw**, daughter of Mr. and Mrs. William Shaw, 171 Babcock St., Houghs Neck, was installed as **Worthy Advisor of the Wollaston Rainbow Girls** at ceremonies held at the Quincy Masonic Temple. . . **Marilyn Alcott**, a past president, and **Ellie Osborne**, were co-chairwomen for a food tasting party sponsored by the Quincy Emblem Club. The event was held at the Elks Hall, Hancock St., Quincy Center. . . Beth Israel Brotherhood was planning to honor school Supt. **Lawrence P. Creedon** as its "Man of the Year." The event is to be held Feb. 20 at Beth Israel Synagogue, Grafton St., Quincy Point. . . **Philip P. Gill, Jr.**, son of Philip P. Gill, 60 Victoria Rd., Merrymount, was promoted to Airman First Class in the Air Force. Gill is stationed at Homestead AF Base, Florida. . . Area clergymen, headed by **Rev. Dr. Peter V. Corea**, pastor of the Houghs Neck Congregational Church, were planning an "Ecumenical Prayer Service" for President-elect Jimmy Carter. The event is to be held at Houghs Neck Congregational Church, Jan. 19. . . Mayor LaRaia appointed **Simon C. Fireman** of 79 Dimmock St., and **David B. MacIntosh** of 293 Whitwell St., to five-year terms on the Quincy City Hospital Board of Managers. . . The Houghs Neck Community Council announced the names of five Houghs Neck residents to be honored at the annual Good Neighbor Honors Awards banquet Feb. 15. To be honored are **Margaret "Peg" O'Connor**, Francis "Shorty" **Donovan**, Lois and **Bill Murphy** and **Jack Congdon**. . . **George Burke**, former councillor, representative and district attorney and his wife, **Sandra**, were planning to attend the inauguration of Jimmy Carter Jan. 20 in Washington, D.C. . . The double feature at the Wollaston Theater, Beale St., included "The Front," starring Woody Allen, and "For Pete's Sake," with Barbara Striesand. . . Quincy Junior College was advertising, "Lowest Tuition in Massachusetts-\$19 Semester Hour for Residents". . . **William A. Horick**, 27, of 24 French St., North Quincy, was recently appointed a patrolman on the Quincy Police Department. . . The Quincy Firefighters Union ratified a two-year contract, which provided for a five percent increase in the first year and an eight percent increase in the second year. . . **Dr. Elliot Berman** of Quincy, a specialist in energy research, has been appointed research professor of applied science at Boston University. . . The Quincy Conservation Commission has given approval for the construction of a mini-park at Bicknell Street, in lower Germantown that would include a new beach, as well as a Little League baseball field and a victory garden for senior citizens.

### Henry O. Peabody Scholarship Applications Available

The Henry O. Peabody School for Girls announces the 29th year of providing financial assistance for post-secondary education to women seeking an independent livelihood.

The Henry O. Peabody Scholarship Program will award renewable scholarships of \$1,000 to \$5,000 to women of Norfolk County, including Quincy. Recipients will be chosen on the basis of merit and financial need.

Applications must be submitted by April 16 for scholarships for the 1919-2020 academic year. Information and application forms are available for downloading at [www.sms.scholarshipamerica.org/peabody](http://www.sms.scholarshipamerica.org/peabody).

To be eligible for the Henry O. Peabody scholarship, women may be graduating high school seniors, currently enrolled undergraduates, or those seeking to return to school. Schol-

arships may be used for full- or part-time study at any accredited two- or four-year college or university as well as vocational-technical schools. Applications are also encouraged from women who are displaced homemakers or now receiving government assistance.

Adult students may negotiate to use their awards for child care or other education-related expenses. Awards are renewable up to three years on the basis

of satisfactory academic performance and maintaining full- or part-time enrollment.

In selecting recipients, first preference will be given to residents of the town of Norwood. Second preference will be given to applicants from Bellingham, Brockton, Canton, Dedham, Mansfield, Sharon, Walpole, Westwood, Weymouth and Wrentham. Third preference will be given to residents of other towns in Norfolk County including Quincy.

### Register Of Deeds Speaker At Bar Association Meeting

Norfolk County Register of Deeds William O'Donnell will be one of the guest speakers at the Bar Association of Norfolk County general meeting to be held Wednesday, Jan. 23rd at 5:30 p.m. at the Quincy Neighborhood Club.

O'Donnell, who is a former president of the Bar Association, said he is delighted and honored to speak before the group.

O'Donnell said he will speak to the Bar Association about the ways in which the Registry of Deeds can be

of service to the legal community, specifically in accessing and researching the approximately 8.5 million land records housed by the Registry of Deeds. He will also talk about how 2018 was a milestone year as the Registry celebrated its 225th birthday, highlighting some of the notable land records of famous people who lived in the County, including four U.S. Presidents, Nobel Prize winners and one Supreme Court Justice from Dedham who was considered by many scholars to

be one of the ablest of the Court's jurors, by the name of Louis Brandeis.

O'Donnell is a graduate of Boston College Law School and is a former assistant district attorney. He has been the Register of Deeds in Norfolk County since 2002.

To learn more about these and other Registry of Deeds events and initiatives, like us at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

### READERS FORUM

#### Says City Owes Taxpayers An Explanation

I am confused about my property tax bill I received today. My taxes have increased for the past 10 plus years and I have nothing to show for it.

We have absolutely no police enforcement in this city, with speeding going on through out this city. We have a new park in front of City Hall we had no vote on.

Our streets are in need of repair and no hospital to care for our sick or injured. We also have new houses being built but the taxes keep going up.

I feel that the taxpayers of this city are due for an explanation for this last tax bill!

Charles Dennehey, Jr  
Willard Street  
West Quincy

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# 560 Students On Central Middle School Honor Roll

Five hundred sixty students are listed on the first term honor roll at Central Middle School.

They are:

## HIGH HONORS

**Grade 8:** Sarah E. Alberione, Jouri Q. Alsadeq, Madeline C. Baryza, Joseph C. Bates, Caroline E. Bertrand, Kevin M. Blido, Anya M. Brenner, Sean T. Burns, Jack S. Cavicchi, Candace Chan, Yuet Tung Chan, Dina N. Che, Arnold H. Chen, Brian Chen, Helen Chen, Jessica K. Chen, Justin J. Chen, Vanessa Z. Chen, Yumi Chen, Ammar A. Chunda.

Dylan J. Clifford, Liam M. Cody, Ava M. Coffey, Hailey A. Concannon, Caitlin M. Cormican, Katelyn E. Craig, Norah R. Cronin, Dominique T. Dang, Benjamin T. Dawe, Julian J. De Jesus, Catharine J. Demopoulos, Mary A. Doherty, Abigail R. Dunn, Kevin Duong, Kristen P. Duong, Anthony J. Enos, Fatima T. Faiza, Nicholas G. Fontaine, Kofi K. Fordjour, Vivian W. Fu.

Yixiang N. Gao, Ava Q. Garcia, Kaitlyn A. Gough, Tristan Guan, Jonan J. Hamilton, Huy Q. Ho, Paige E. Holleman, Wei Yu N. Huang, Nicholas J. Hughes, Katie Jiang, Kendall M. Kazmowski, Brianna C. Keddy, Michaela Y. Lam, Sonny Le, Sadie E. Lee, Annie N. Li, Jason W. Li, Keyi Lin, Serena Lin, Eileen Liu, Amy Q. Lu, Michelle C. Ma, John Thomas M. Malvesti, Klaudi Mance, Melanie Moy, Grant T. Murphy.

Mollie J. Nelson, Sophie M. Nerine, Abigail Newton, Isaac Ng, Anh Thai Nguyen, Anthony Nguyen, Ashlee Nguyen, Casey V. Nguyen, Christina P. Nguyen, Dante T. Nguyen, Diana T. Nguyen, Sophia Nguyen, Amanda L. O'Neill, Lindsey A. Packard, John C. Petrongolo, Khao A. Pham, John R. Pickering, Madeline E. Power, Margaret M. Power, Dheeraj Aravind Prakash

Viswanath.

William P. Rafti, Victoria N. Rak, Brandon J. Riley, Liam J. Rogers, Peter J. Romeo, Madison M. Rose, Annika M. Schmitt, Marybeth M. Smith, Nathan D. Stagg, Alexander L. Stankov, Jinglin N. Tan, Sabrina N. Teng, Antonie D. Tran, Lily Tran, Trinity N. Tran, Andy Truong, Andy Vu, Kaitlyn T. Vu, Sumayya Wafapoor, Patrick J. Webber, Stella J. Wong, Josie J. Wu, Sophie Xie, Jonathan Carter V. Ying, Jesse Zheng, Ray L. Zheng, Rylee W. Zhou, Elaina R. Zou.

**Grade 7:** Angelica M. Anousis, Jonathan Jasper N. Baldini, Niamh N. Barrios, Emma M. Bateman, Jessica L. Berberi, Victoria A. Berry, Emma V. Bille, William T. Bradley, Ava F. Bryan, Elaine M. Cai, Joseph A. Campo, Nicholas M. Cerone, Angela Chen, Chloe Chen, Julia Y. Chen, Mabel F. Chen, Nichole X. Chen, Si Ying Chen, Steven Chen, Vicky Chen, Vincent Y. Chen, Yong N. Chen, Emily S. Chin.

Kyle E. Clements, Grace E. Cody, Kieran J. Collins, Sophia G. Comiso, Aluna J. Coogan-Coyne, Emma D. Cramond, Grace M. Cuniff, Lyna R. Dang, Sonia R. Dijkstra, Ava M. Donaghue, Ardi Dylja, Parker H. Evans, Faye G. Fitzpatrick, Devereux A. Fuller, Erin M. Garvin, Brooklyn R. Geary, Joana Gjini, Madeline J. Gola, Ciara M. Golden, Orlagh M. Gormley, Giada N. Guarino.

Leo He, Tim F. Heise, Piper E. Henderson, Hanna R. Henriksen, Isabelle K. Hogan, Ellie K. Houlihan, Gavin, Angelyn Huang, Benjamin J. Hudach, Laura N. Jiang, Richard Jiang, Cameron M. Johnston, Emraan K. Kafihi, Jan A. Kepecynski, Sophia J. Kyranis, William A. Lanergan, Kimberly H. Le, Isaac Le, Kyra M. Lee, Keldon G. Lei, Chaliss M. Leoutsakos-Gustave.

Jack Li, Jasmine Y. Li, Aixin Liang, Vicky Liao, Angelina Y. Lin, Charlotte J. Lin, Christine Lin, Janice Lin, Jason C. Lin, Isabel V. Llamas, Hai K. Luong, Lucas N. Maher, Thomas E. Maher, Grace W. McGough, Lucy K. McLaughlin, Anna K. McPhillips, Xiaobin N. Mei, Joseph Ethan A. Mercado, Emma N. Molla, Basil S. Neamah, Marah L. Neil, Matthew J. Nellany, Isabelle Ng, Shayla M. Nguyen.

Autumn E. O'Campos, Caroline P. O'Donnell, Jo-sette L. Oberton, Grace M. Pickering, Maia C. Popp, Margaret G. Potts, Katherine C. Ramos, Isabella C. Reyes, Brooklynn C. Rizzo, Declan M. Rogers, Mary P. Saccoach, Fiona Saraci, Anna R. Sekmokas, Ilyana M. Selinger-Batista, Ryan C. Setow, Sofija E. Slezas, Nina E. Smith, Mollie R. Smith-Gaeta, Lin Han Su, Renee Y. Su.

Wen Chao Tan, Molly M. Toland, Nicholas K. Tran, Cassidy R. Travers, Zara J. Valencius, Henry C. Wilde, Jenny M. Wong, Chloe Wu, Fanny K. Yang, Jade M. Yee, Kevin Zhang, Roseley Zhang, Eric Zhao, Xin Ting N. Zhao, Laura Zhu, Kira S. Zlatanova, Wendy Zou, Connor J. Zynda.

**Grade 6:** Lauren K. Affleck, Jamie M. Arias, Anton John B. Arrazola, Karoline R. Bastiani, Rebecca Berberi, Brighid C. Burke, Ashling M. Byrne, Madeline K. Case, Lilliana R. Catrambone, Angelina K. Chau, Connie N. Che, Catherine F. Chen, Cynthia Chen, Abigail K. Dawe, David Dema, William C. Deng, Nicholas P. Depalma, Justin T. Dinh, Samantha J. Dopp.

Nancy Fang, Chujun N. Gao, Joyce Gao, Katrina N. Gao, Alexa Q. Garcia, Niamh R. Gendron, Annabella T. Glennon, Ava G. Hamilton, Allyson J. Hatfield, Julia A. Heise, Wendy Jiang, Sadie R. Johnston, Olivia C. King, Alexia F. Laci, Tabitha P. Lee, Ales-

sia G. Lemus, William Y. Li, Stephanie Liang, Violet Liu, Katelyn C. Low, Joyce L. Lukelo, Vanston Ly, Abby N. Lyons, Sahil M. Manwani, Luca A. Marinilli, Hannah E. Moriarty, Mandy A. Moy, James M. Mullen.

Angelina Nguyen, Khoi C. Nguyen, Kobe L. Nguyen, William M. Nguyen, Srivathsa Pervodi, Ella G. Roche, Michael A. Romeo, Emma H. Roux, Anya A. Sangani, Alexander L. Schramm, Hannah X. Spratt, Serena Tacelli, Amy Q. Tan, Frank D. Townsend, Linden E. Van Veen, Samantha Y. Wong, Elizabeth Wong-Waywaymyint, Zixi Xia, Madelyn A. Yang, Chloe H. Zhang, Stephy Zhao, Emily W. Zhuo.

## HONORS

**Grade 8:** Marta L. Aguiar-Perello, Dilan S. Arda, Anass Bahri, Matthew T. Bartkus, Ryan J. Beardsley, Jesse S. Bollinger, Katalina M. Bui, Nathan C. Caldwell, Gregory P. Campbell, Edinson Chan, Amin Charepoo, Calvin Chen, Jennifer Chen, Charles H. Coffey, Patrick J. Coleman, Jamie L. Collins, Oisín D. Coogan-Coyne, Matthew R. Copp, Kyle A. Cruz.

Nathan J. Davis, Luis A. Dean, Juliana M. Di Blasi, Lauren P. Donahue, Amber R. Doyle, Declan J. Ferreira, Linda Gao, Stacy M. Garcia, Julia L. Gillespie, Ciaran M. Golden, Nathan K. Ho, Xu N. Huang, Mia E. Irion, Angelina S. Jewell, Noah B. Kearney, Mishia M. Kennedy, Emma R. Kinsley, Jackie N. Kuang.

Vincent Lam, Jiawen N. Li, Kaitong Li, Ivan Lin, Jerry Lin, Leo V. Lombardi, Grace M. Lukelo, Andrew L. Mazzini, Sam N. McNulty, Kylie M. McClory, William K. McCoy III, Ailin N. Mei, Yu Fan Mei, Ryan M. Messing, Keira G. Murphy, Catherine G. Murray, Devin T. Nellany, Danielle N. O'Brien, Brendan D. O'Connor, Elizabeth G. O'Grady, Vincent M. O'Leary, Thomas P. O'Neil, Ibukun J. Owolabi, Kastriot L. Panariti, Kiet B. Phu, Theodore J. Porter, Jeffrey M. Reese, Chloe

H. Robertson, Curtis Ru, Mia L. Ryan, Dean Schaaf, Colin S. Smith, Vasiliana Sota, Max A. Spendlove, Sam A. Spendlove, Manlin Sun, Steven Tang, Ryan J. Tobin, Jason Ton, Samuel J. Traynor, Hogan Truong, Jason Y. Wen, Matthew J. Whooley, William A. Wismar, Carmen Wong, Christina Xu, Kevin K. Xu, Qitong Xu, Adam B. Zhao, Jiayu Zhen, Brandon Zhou.

**Grade 7:** Noah H. Andre, Anisha E. Baez, Noah L. Baker, Afifah F. Ball, Katherine E. Bardwell, Gaetano J. Belfort, Christopher T. Brady, Skyline E. Cardoso-Mendes, Rosaleigh E. Carter, Preston M. Cavin, Xuan Chen, Meara M. Conley, Sam S. Conley, Will S. Conley, Anna J. Correa, Aida M. Costa.

Delaney K. Djerf, Nathan C. Doyle, Abigail K. Driscoll, Joseph M. Enos III, Ianick Fabricio Brito Vieira, Grace S. Flaherty, Vincent V. Guarino, Jonathan He, Reese M. Hendry, Oreana Y. Huang, Phillip J. Huang, William G. Huang, Daniel E. Hudach, Molly E. Jacobs, Michael P. Keane, Tyler Kelly, Ethan Y. Kim.

Patrick B. Lee, Elizabeth M. Leonard, Dennis Z. Liu, Eddy Liu, Laura V. Luong, Alanna M. Lynch, Matthew R. Maderos, Charlotte R. McConville, Charles F. McGrail III, Ava R. McGrath, Finn J. Meaney, Max J. Melchin, Luke J. Mordas, Angelo F. Orlando, Emily C. Peralta, Renzo C. Santangelo, Fallyn A. Scott, Killian T. Sloan, Caroline D. Snyder, Isabella S. Soto.

Denny D. Tan, Carlos X. Torres Jr., Dylan T. Tracy, Sarah Tsang, Phu Hao N. Van, Josue D. Velasquez Jr., Thomas J. Wirtz, Alvin Wu, Brandon H. Wu, Bingxian Xie, Hongcheng Yang, Andy Zheng.

**Grade 6:** Audrey Y. Ao, Yerrika E. Baez, Cady M. Barrett, Kyrie M. Blue, Alex P. Cala, Brandon J. Cama-

cho, Aleiyah M. Chambers-Perez, William Chan, Benny Chen, Brian Chen, Carlin C. Chen, Henry Chen, Melanie Chen, Michelle X. Chen, Rebecca L. Chen, Katelyn M. Collins, Caitlyn B. Connor.

Kayla P. Damon, Abigail J. Danick, Kristina H. Demeo, Colin R. Dowling, Anders J. Eshelman, Nathan A. Feldman, Ava E. Ferolito, Destiny G. Francis Max A. Francoeur, Michael C. Galligan, Maxwell F. Gaudiano, Lauren C. Gillooly, John J. Greene, Vito S. Guarino, Said A. Hamad, Miles C. Hastings, Camille B. Henry, Hugo J. Huang, Zachary Huang, Andy T. Huynh.

Xuan-Mai C. Ippolito, Calla G. Jones, Aya N. Kafihi, Siena A. Kilcoyne, Elijah J. Killorin, Kelly M. Kwan, Alexander V. Lau, Amy T. Lau, Griffin C. Lawless, Jake W. Lazon, Henry D. Lebo, Liam M. Lee, Maisie K. Lee, Steven H. Li, Travis Liang, Ethan Lin, Jiancong Lin, Kalven C. Lin, Stanley Liu.

Sophina Ma, Aidan J. McCarthy, Erin M. McGonagle, Collin P. McGrail, John A. McGurty, David H. Mei, Chloe A. Melchin, Anthony R. Melchione, Kaitlyn S. Miller, Madison S. Miller, Michael J. Miranda, Michael J. Newton, Benjamin H. Nguyen, Danny H. Nguyen, Caroline M. O'Malley, Peyton A. Perkins, Marcus K. Pham, Robert Pham.

Joseph F. Reddig, Lillian K. Ronca, Angelina N. Rumble, Cora S. Ryan, Luke B. Sanders, Ian P. Scott, Allen Shi, Elana M. Shuel, Jayson M. Siders, Vanessa Su, Sean Michael P. Szilva, Andrea B. Tang, Matthew C. Toland, Peter Tran, Joshua X. Truong, Theodore N. Verle, Maggie R. Webber, Jacky Y. Wen, Shea P. Winters, Orion C. Wong, Brian L. Wu, Sandy C. Yu, Alexander J. Zhu, Mike J. Zhu.

## Three Quincy Students Enrolled As Freshmen At Tufts University

Three Quincy residents are among the students in the Class of 2022 at Tufts

University in Medford.

The freshman students are:

Amanda Leung, Huixian Situ and Tamara Liang.

In all, only 14.6 percent of a record-breaking 21,501 applicants were admitted to the university, the second-lowest acceptance rate in university history.

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## Social

### Armando Agnitti Receives Rising Star Award From Stars

Armando Agnitti, Esq., was recently presented the Rising Star Award from Stars, an organization on the South Shore that specializes in excellence in education, enrichment and family support.

After having worked for three years as an estate and contract law attorney at Taylor, Ganson & Perrin, LLP where he logged hours of pro bono work for charities, Agnitti moved to Agnitti Insurance Agency as a risk manager. In his new position, Agnitti established business clientele while es-



ARMANDO AGNITTI

ablishing and founding Atlantic Real Estate Brokers.

Agnitti is an active member of the community and is involved in multiple organizations on the South Shore.

He is a member of the Massachusetts Bar Association, and a board member of the Quincy Economic Development Corporation (Quincy EDC) and Quincy Young Professionals (QYP).

He is a past member of the Justinian Law Association of Massachusetts, and is a volunteer for the Boy Scouts Breakfast fundraiser. He also coaches wrestling for high schools in the Commonwealth.

Agnitti recently purchased a home in Braintree where he lives with his dog Primo.



TWO QUINCY RESIDENTS were among the more than 450 people who recently attended the The Conservation Law Foundation (CLF) biennial gala at the John Joseph Moakley Courthouse. From left to right are James Matsoukas of Charlestown, Dylan Ellis-Jacobs of Quincy and Chris Ellis-Jacobs. The sold-out event honored the commitment of local heroes from every New England state for their efforts in protecting the region's environment. The organization also recognized Representative Joseph P. Kennedy III with its President's Award, that "honors visionary leaders who are making extraordinary contributions towards creating a healthy, thriving New England for all." Cong. Kennedy is a member of the House Energy and Commerce Committee.

Photo Courtesy Conservation Law Foundation

### Quincy Residents Attend Conservation Law Foundation Gala

Conservation Law Foundation (CLF) recently held its biennial gala hosting more than 450 attendees at the John Joseph Moakley Courthouse in Boston. The sold-out event honored the commitment of local heroes from every New England state for their efforts in protecting the region's environment.

Among the attendees were Dylan Ellis-Jacobs and Chris Ellis-Jacobs, both of Quincy. They represented Edible Maine, one of the event's corporate sponsors.

The organization also recognized Representative Joseph P. Kennedy III with its President's Award.

"Representative Kennedy and the group of local heroes we are honoring tonight have devoted their time, energy, and passion to defending our homes, protecting the health of our children, and supporting the vibrancy of our communities," said Bradley Campbell, president of CLF. "In these uncertain times, the work that CLF does here at

home in New England has never been more important or more urgent. Without our donors, our volunteers, and our partners this work would be impossible."

"For decades, the Conservation Law Foundation has answered the urgency of climate change and environmental threats with action and leadership," said Rep. Kennedy. "When we defeat climate change, it will be because our neighbors united against this common threat and fought for our communities together. To share the stage with local heroes from across New England tonight was deeply humbling and inspiring."

In addition to Rep. Kennedy, CLF honored the following local heroes from across New England:

- Exit 4 Open Space, Vermont
- Charlene Lovett, mayor of Claremont, N.H.
- Protect South Portland, Maine
- Mothers Out Front, Massachusetts
- Rhode Islanders leading

the fight against Invenenergy

• Yale Law School Ludwig Center for Community and Economic Development, Connecticut

WBUR senior environmental reporter Bruce Gellerman served as emcee. Other guests included:

Cong. Katherine Clark, former Cong. Chet Atkins, CLF Board of Trustees Chair Sara Molyneux and her husband Don Law; Gala Committee Chair Sharon Malt and her husband Brad; sponsors Laury and Nancy Coolidge and The Boston Foundation, as well as Board of Trustees member Thaleia Schlesinger, former CLF President Doug Foy, and corporate sponsor Jay Cashman.

Other corporate sponsors included Anbaric Development Partners, The Plymouth Rock Foundation & Jim and Cathy Stone, Stonyfield, Berkeley Building Company, First Republic Bank, Kanner and Whiteley, LLC, New England, BioLabs, Inc., and Tremont Strategies.

### Burke Donates \$5,000 To Salvation Army

Quincy attorney George Burke announces he has donated \$5,000 to the Salvation Army of Quincy.

Burke gives to the Salvation Army annually and is also among the local leaders who man the Community

Leader red kettle at City Hall.

Burke noted he has been on the Salvation Army Advisory Board for more than 25 years. He said. Henry Bosworth, the late founder of The Quincy Sun, asked

him to serve on the advisory board. Burke is now a director emeritus.

"I am proud to contribute to the Salvation Army as they do so much good in the City of Quincy," Burke said.

### The Fine Print Book Review:

### 'The Rough Patch' And 'Got To Get To Bear's' By Brian Lies

By LAURIE HIGGINS

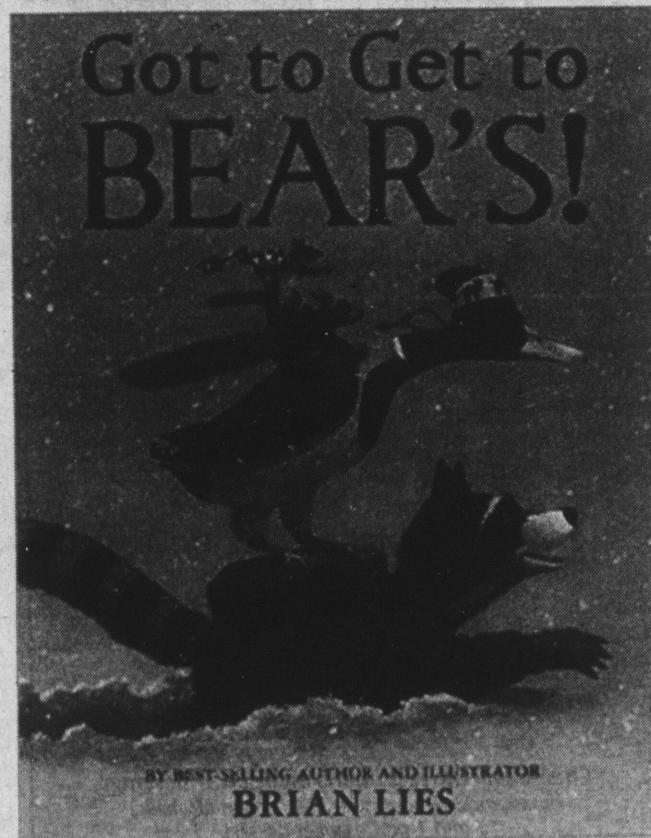
Books transport us. They take us on a journey through imagination. They take us on emotional journeys; there's no better way to be transported than through picture books.

Picture books are accessible so they can be enjoyed by all readers. It is well known that children develop language, vocabulary, imagination and empathy when listening to a story read aloud on the lap of a loved one. We are very fortunate, here in Massachusetts, to have an amazing picture book author living on the South Shore.

Brian Lies (pronounced Lees) is well known for his "Bats" series: "Bats in the Library," "Bats at the Beach," etc. Earlier this year, Lies published two new picture books. The first is a departure from his original stories of flighty bats. He wrote and illustrated a story he had been thinking about for a few years called "The Rough Patch." This book is about love and loss, the kind of loss many can relate to; the loss of a pet.

Although, he writes in such a way that his book touches anyone who has had a love and loss of any kind, Lies plays with color and space to evoke strong emotions and get the reader thinking. He maintains his signature characters as animals as he says, "to keep the story relatable." In the end he leaves the reader with hope. Lies creates masterful illustrations to compliment his beautiful prose. The reader is meant to contemplate moving on and how that is a journey itself.

Lies also released a whimsical book about woodland animals on an adventure in the snow. Readers



will recognize his style in this book about friendship and cooperation. Izzie, a squirrel, is trying to get to her friend Bear's house during a snowstorm. As the story progresses Izzie is having trouble getting through the snow but is determined to get to her friend's house. The neighboring animals all pitch in to help and are part of a surprise ending. Children and adults will be drawn into the amazing de-

tails Lies incorporates into each illustration. You will find yourself mesmerized by each page. Each of the animals comes to life and pulls the reader on the great adventure to Bear's.

If you haven't had the pleasure of reading one of Brian Lies' picture books, please check these out. He is brilliant with a pen - both for words and illustrations.

And, don't forget to read The Fine Print...

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# 136 Students On Point Webster School Honor Roll

One hundred thirty-six students are listed on the first term honor roll at Point

## WHAT'S COOKING

with  
**Marie & Susie**

By MARIE D'OLIMPIO and SUSIE FALCO



## Stuffed Pork Tenderloin

By MARIE

There is nothing like delicious stuffing with mashed potatoes all smothered in gravy. I have never met anyone who does not like stuffing, and today's recipe will enhance any roast.

I used today's recipe to stuff 4 pork tenderloins.

Pre heat oven to 350 degrees, prepare a roasting pan or cookie sheet by lining with parchment paper

### RECIPE:

- 1/4 pound ground beef (or sausage)
- 1 celery stalk, chopped
- 1 small onion, chopped
- 1 cup chopped chestnuts
- 3 cups of stuffing mix (any kind) follow the directions carefully (or one small bag of stuffing mix - I use Pepperidge Farm.)
- 1/2 cups seasoned bread crumbs
- 1 1/2 tablespoons Bells seasoning
- 1/4 cup of white wine
- 1/4 cup grated parmesan or Romano (optional)
- 2 tablespoons olive oil

## Winter Minestrone

By SUSIE

This soup recipe by James Tenda of "I'm No Chef" fame is so worth the work making the pesto. The soup part is easy, but the pesto requires some different ingredients than traditional pesto but it is incredibly delicious as well as healthy.

This soup utilizes rich and healthy root vegetables as well as lighter herbs and greens. The perfect soup for the cold weather we are finally "enjoying." Keep warm and fight off sickness with this soup. It also freezes well. Enjoy!

### Minestrone ingredients:

- 3 tbsp butter, olive oil, or ghee
- 2-3 leeks, cleaned and chopped
- 1 pound winter or bitter greens, such as collards, kale, dandelion, etc....
- 1 quart chicken or vegetable stock
- 3 cloves garlic, peeled and finely minced (about 2 tsp)
- 1 tbsp fresh chopped thyme
- 2 celery ribs
- 1 1/2 pound turnips or rutabagas
- 1 13.5-ounce can full fat, unsweetened coconut milk
- 1/2 ounce fresh flat-leaf parsley
- Juice of half a lemon
- Salt and pepper to taste

### Pesto ingredients:

- 1 ounce fresh flat-leaf parsley
- 4 ounces fresh rosemary
- 1/4 cup fresh oregano or marjoram
- 1/2 cup shelled pistachios, dry roasted
- 1/2 cup Parmigiano-Reggiano (preferably raw), shredded
- 3 cloves garlic, peeled
- Juice of half a lemon
- 1/4 teaspoon salt (omit if using salted pistachios)
- 1/2 cup extra-virgin olive oil

### INSTRUCTIONS:

1. Add the butter, oil or ghee to a large, heavy-bottomed stock pot or dutch oven.
2. Clean, quarter, and chop the leeks and set aside.
3. Wash the greens, remove fibrous stems (if necessary), and then add to a large

In a large skillet, pan or pot, heat the oil and sauté the celery and onion, add the hamburger, (or sausage) cheese if you are using, and white wine, cook until blended.

Add the Bell's seasoning and the stuffing mix which has been soaked, and then add bread crumbs and mix thoroughly.

Cut each pork tenderloin in half, but not all the way through.

After the stuffing is cooled place stuffing in each tenderloin securing with toothpicks. If you have any left-over stuffing you can bake it in a casserole dish for 25 minutes.

Place tenderloins on a roasting pan or cookie sheet lined with parchment paper and bake for 30 minutes and then check because tenderloin does not take very long to cook.

Tenderloin should be lightly browned on top.

If you can't find the chestnuts you can also substitute mushrooms or keep the recipe as is. If you choose not to use chestnuts or mushrooms that is fine.

The chestnuts I found are already cooked and peeled. I found mine at TJ Maxx and sometimes you can find them in supermarkets also.

skillet with 1 cup of stock and cover tightly with lid.

4. Wash and trim the ends of the celery. Cut in half lengthwise, chop, and add to a large bowl. Peel and chop the rutabagas or turnips into 1/2-inch cubes. Add to the bowl with the celery and set aside.

5. Mince and chop the garlic and thyme.

6. Turn on the heat to medium and melt the butter or ghee, add the leeks and stir to coat. Continue cooking for 5 minutes, stirring frequently, so that the leeks do not brown. Add the minced garlic and thyme to the pot with the leeks and cook for another minute until fragrant.

7. Add the celery and rutabagas to the pot, and season with salt and pepper. Cook the vegetables for 5-7 minutes, stirring occasionally.

8. Add remaining chicken stock to the pot, cover and bring to a gentle boil. Reduce heat and simmer for 15 minutes.

9. While the vegetables are simmering, steam the greens over medium heat until they are wilted down, but still vibrant in color and mild to taste, about 10-15 minutes. You may need to gently toss them halfway through the cooking time.

10. Transfer the wilted greens to a high-speed blender, along with the left over stock from the pan, coconut milk, lemon juice, fresh parsley, and about a third of the cooked vegetables. Puree until smooth, 30-60 seconds. Pour the puree into the pot and simmer uncovered for another 10 minutes to let the flavors come together and finish cooking the root vegetables.

11. Season with salt and pepper to taste. Top with a spoonful of Winter Herb Pesto, freshly cracked black pepper, and a drizzle of olive oil. Serve hot.

### Instructions for the pesto:

1. Add all the ingredients except for the olive oil to the bowl of a food processor. Pulse a few times.
2. With the food processor running, slowly pour in the olive oil just until it all comes together. Serve immediately.

Webster Middle School.

### HIGH HONORS

**Grade 8:** Yaseen Ali, Zaila Alves, Jason Au-Duong, Luana Batista Soares, Jayda Berry, Keerthana Bhuvanam, Saahithi Bhuvanam, Kayla Blatcher, Isabel-la Carinci, Vanessa Chan, Alicia Charbonier, Ruben Charles, Elaine Chung, Elham Elham, Bonnie Huang, Ismayil Ismayilov, Shubham Kumar, Josephine Leung, Ivan Li Jr., Meidong Ma, Deekshita Madhalam, Emily Nguyen, Kelly Phu, Satya Pulapa, Kenneth Reale III, Ivy Tiet, Kaitlyn Vo.

**Grade 7:** Amina Amimer, Daniel Chen, Kathy Duong, Makayla Gustafson, Florence Huang, Jayakrishna Kambhampati, Michelle Le, Ganga Mahesh, Shea McSweeney, Vanessa Mei, Thomas Nguyen, Alex Papa, Melina Papadopoulos, Yoeku Sam, Nancy Tran, Hannah Waters.

**Grade 6:** Kiora Brown,

William Caberoy, Jenna Christian, Meadow Cooper, Chloe Duong, Eugene Foong, Shauna Foran, Alexandra Hoey-Ventura, Kartik Kujala, Sophia LaPenna-Hayes, Milan Le, Vanessa Leung, Kayla Monroy Ochoa, Melanie Moy, Ava Neal, Adrian Pena Mendez, Sanjith Puvvada, Sandhana Sevinthikalisankar, Jasmine So, Mirudulaa Suganthan Yamini, Henry Tang, Yuliana Woodbury, Zuhra Zuhra.

### HONORS

**Grade 8:** Angel Bresnahan, Vivian Burke, Kyle Cao, Ashley Chamu Charco, Andy Chen, Haobin Chen, Rugved Doke, Urangoo Enkhjargal, Daniel Gedutis, Kloe Gora, Christian Las, Elysha Louis, Christopher Moon, Hughlando Pusey, Adner Sanchez Llano, Allison Thiha-Wong, Michael White.

**Grade 7:** Aiva Bailey, Calvin Bayot, Dahrien

Bernabel, Yash Chaphek-ar, Mayara Clem, Thomas Curtin, Miguel Dos Reis, Anthony Freeman, Antonio Gonzalez, Kevin Gray, Walid Haiti, Lam Huynh, Alyssa Keith, Vy Le, Kate-lynn Leong, Raphael Miranda, Hawa Mohamed, Tayah Quinn, Mingen Su, Nayala Torres, Alexander Vo, Jennifer Wong-Nadaraung, Jessica Wu, Baoqing Yu.

**Grade 6:** Noah Amorim, Genesis Anderson, Dilsha Chebolu, Chloe Chen, Sean Conover, Joseph Curtin, Julia De Souza, Miaoshan Deng, Manlai Enkhjargal, Jayden Francois, Ali Goutay, Evie Hall, Ella Halley, Ngoc Huynh, Kameron Joseph, David Kacaj, Aad-hithyan Karthikeyan, Jomana Kmail, Amino Mari-elle Kouassi, Hejdi Kume, Leah Leiberman, Vanessa Mbatudde, Maleena Miller, Tvisha Nanda, Emily Nim, Donovan O'Connell, Parth Patel, Joseph Scanlon, Mia Tratzinski, Isabella Zakhary.

## 61 Students On Honor Roll At Saint Agatha School

Saint Agatha School in Milton announces 61 students are on the honor roll for the first trimester.

They are:

### GRADE 8

**High Honors:** Javlyn Jean-Pierre, Logan Keldsen, Greta McEvoy, Sabrina Thai and Fiona Kelly.

### Honors:

Farrah Borkowski, Caroline Costello, Gilbert Dabady, Alexander Jordan, Julia Ormond, Kayla Grippi and Adam Thomas.

### GRADE 7

**High Honors:** Lily Blow and Ella Connolly.

**Honors:** Katarina Bloch and Grace Connolly.

### GRADE 6

**High Honors:** Kylie Florindo, Gillian Jolley, Jessica Laflamme, Susan Leuchte, Chloe McGrath, Allison Rooney, Riley Swenson and Gabriel Vidalis.

**Honors:** Olivia Gafanhao, Sophia Garvin, Christopher Helm, Joseph Laflamme, Aaron McCarthy, Michael Shaw and Lucas Silaj.

### GRADE 5

**High Honors:** Julianna Clark, Amber Foley, Kathleen Hurley, Liam Kelly,

Cady Kurdari, Karen Li, Isobel Lucibello, Sydney Mitchell, Katherine Scott and Tracie Nhu-huyen.

**Honors:** Connor Clifford, Lia Gavin, Connor Guerin, Emily Hanley, Ryan Houston, Bridget Hurley, Emma Jolley, Sean Keil, Abby Masferrer, Patrick McErlane, Emma Ordway, Brannagh Parsons, Christopher Rosado, Nevaeh Schlager, Hannah Stefanidakis, Reuben Stovell, Lukas Tewodros, Quan Truong, Clara Victor and Dermot White.

## Red Cross Offers Incentive To Donate Blood

The American Red Cross is offering a special incentive to increase blood and

platelet donations in January, a historically challenging time. All donors who

present at Red Cross blood drives in New York, Massachusetts, Connecticut, Maine, New Hampshire, Vermont and Rhode Island will receive a \$5 Dunkin' Gift Card by email.

In order to receive the gift card, all donors must have a valid email on file with the Red Cross at the time of donation.

"January is a time we tend to see a dip in the blood supply," said Patricia Sablitz, director of donor recruitment, Red Cross Biomedical Services. "This incentive is one way to remind donors the need for blood doesn't take a winter break."

To donate blood, download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information.

All blood types are needed to ensure a reliable supply for patients.

Sunday through Thursday • Noon to Closing • Limited Offer!

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# Sore Throats: Causes And Treatments

A Message From Ruth Jones, Director Of Nursing, Quincy Health Dept.

By RUTH JONES  
BSN, RN, BC, CP-FS

A sore throat (pharyngitis) is pain or irritation of the throat that frequently worsens when you swallow.

The most typical cause of a sore throat is a viral infection, such as a cold or the flu. A sore throat precipitated by a virus resolves on its own. Strep throat (streptococcal infection), a less common type of sore throat caused by bacteria, necessitates treatment with antibiotics to avoid complications. Other less common causes of sore throat might require more involved treatment.

**Symptoms of a sore throat can differ depending on the cause. Signs and symptoms might include:**

- Pain or a scratchy sensation in the throat
- Pain that increases with swallowing or talking
- Difficulty swallowing
- Sore, swollen glands in your neck or jaw
- Swollen, red tonsils
- White patches or pus on your tonsils
- Hoarse or muffled voice

**Common infections causing a sore throat might result in other signs and symptoms, including:**

- Fever
- Cough
- Runny nose
- Sneezing
- Body aches
- Headache
- Nausea or vomiting

The American Academy of Pediatrics recommends that your child should be

seen by a healthcare provider if a sore throat doesn't dissipate with the first drink of fluid in the morning.

**Seek immediate care if your child has severe signs such as:**

- Difficulty breathing
- Difficulty swallowing
- Unusual drooling, which might indicate an inability to swallow

**If you're an adult, see your healthcare provider if you have a sore throat and any of the following:**

- A sore throat that is severe or lasts longer than a week
- Difficulty swallowing
- Difficulty breathing
- Difficulty opening your mouth
- Joint pain
- Earache
- Rash
- Fever higher than 101 F
- Blood in saliva or phlegm
- Frequently recurring sore throats
- A lump in your neck
- Hoarseness lasting more than two weeks

Viruses that cause the common cold and flu also cause most sore throats. Less often, bacterial infections cause sore throats.

**Viral illnesses that cause a sore throat include:**

- Common cold
- Influenza
- Mononucleosis Measles
- Chickenpox
- Croup — a common childhood illness character-

ized by a severe, barking cough

A number of bacterial infections can cause a sore throat. The most common is group A streptococcus, which causes strep throat.

Other causes of a sore throat include: allergies, dry indoor air, irritants, muscle strain from yelling or talking for long periods of time, Gastroesophageal reflux disease (GERD), HIV infection, tumors of the throat, tongue or voice box (larynx), and rarely, an infected area of tissue (abscess) in the throat causes a sore throat.

Another rare cause of a sore throat is a condition that occurs when the small cartilage lid that covers the windpipe swells, blocking airflow (epiglottitis). Both an abscess and epiglottitis can block the airway, creating a medical emergency.

**Factors make you more susceptible include:**

- **Age.** Children and teens are most likely to develop sore throats. Children are also more likely to have strep throat, the most common bacterial infection associated with a sore throat.
- **Exposure to tobacco smoke.** Smoking and secondhand smoke can irritate the throat.
- **Allergies.** Seasonal allergies or ongoing allergic reactions to dust, molds or pet dander, increase the tendency to develop a sore throat.
- **Exposure to chemical**

irritants. Particles in the air from burning fossil fuels and common household chemicals can cause throat irritation.

• **Chronic or frequent sinus infections.** Drainage from your nose can irritate your throat or spread infection.

• **Close quarters.** Viral and bacterial infections spread easily anywhere people gather, whether in daycare centers, classrooms, airplanes or the workplace.

• **Weakened immunity.** You're more susceptible to infections in general if your resistance is low.

The best way to prevent sore throats is to avoid the germs that cause them and practice good hygiene. **Follow these tips and teach your kids to do the same:**

- **Wash your hands** thoroughly and frequently, especially after using the toilet, before eating, and after sneezing or coughing.
- **Avoid sharing** food, water bottles, drinking glasses or utensils.
- **Cough or sneeze** into a tissue and throw it away. When necessary, sneeze into your elbow.
- **Use alcohol-based hand sanitizers** as an alternative to washing hands when soap and water are not available.
- **Avoid touching** public phones or drinking fountains with your mouth.
- **Regularly clean** telephones, TV remotes and computer keyboards with

sanitizing cleanser. When you travel, clean phones and remotes in your hotel room.

• **Avoid close contact** with people who are ill.

A sore throat caused by a viral infection usually lasts five to seven days and doesn't require medical treatment. However, to decrease pain and fever, many utilize over-the-counter pain relievers.

It is important to use caution when giving aspirin to children or teenagers. This is because aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children. If your sore throat is caused by a bacterial infection, your doctor will prescribe antibiotics. You must take the full course of antibiotics as prescribed even if the symptoms are gone.

**Regardless of the cause of your sore throat, these home care strategies can help you ease your symptoms:**

- **Rest.** And rest your voice.
- **Drink fluids.** Fluids keep the throat moist and prevent dehydration. Avoid caffeine and alcohol, which can dehydrate you.
- **Try comforting foods and beverages.** Warm liq-



RUTH JONES

uids, broth, caffeine-free tea or warm water with honey and cold treats such as ice pops can soothe a sore throat.

• **Gargle with saltwater.** A saltwater gargle of 1/4 to 1/2 teaspoon of table salt to 4 to 8 ounces of warm water can help soothe a sore throat. Gargle the solution and then spit it out.

• **Humidify the air.** Use a cool-air humidifier to eliminate dry air that may further irritate a sore throat or sit for several minutes in a steamy bathroom.

• **Consider lozenges or hard candy.** Either can soothe a sore throat, but don't give them to children age 4 and younger because of choking risk.

• **Avoid irritants.** Keep your home free from cigarette smoke and cleaning products that can irritate the throat.

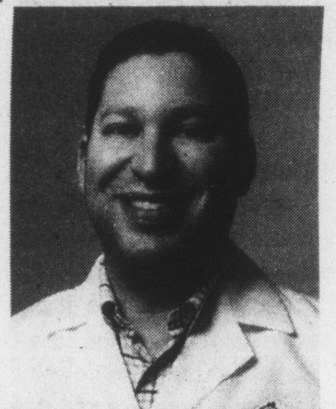
Ruth Jones is the director of Nursing for the City of Quincy Health Department.

## Jared Andre, MD Joins BID Hospital-Milton

Jared Andre, MD, a board-certified internal medicine physician, has joined the Beth Israel Deaconess Hospital-Milton (BID-Milton) Medical Staff and is accepting new patient appointments.

Dr. Andre is a graduate of St. George's University School of Medicine and completed his residency at SUNY (State University of New York) Downstate Medical Center. Previous to joining BID-Milton, Dr. Andre was an adult primary care physician at Advocate Outpatient Center — Sykes in Chicago Illinois.

Dr. Andre joined the practice of John Looney,



JARED ANDRE, MD

MD, and is seeing patients in Suite 223 of the Lintz Medical Office Building, 100 Highland Street, Milton.

New patient appointments are available by calling (617) 696-5030.

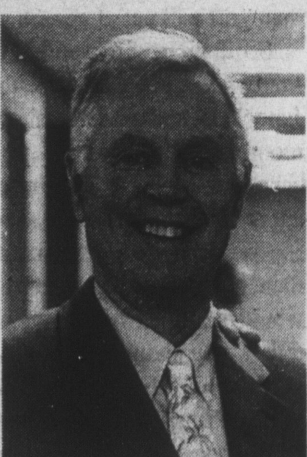
## 32 BID Hospital-Milton Physicians Named 'Top Doctors'

Boston Magazine recently released its annual "Top Doctors" list, and 32 physicians on Beth Israel Deaconess Hospital-Milton's (BID-Milton) Medical Staff were selected for the honor.

Boston Magazine's Top Doctors list was compiled in partnership with Castle Connolly Medical, publishers of "America's Top Doctors®" and other healthcare-related consumer guides. For the past 20 years Castle Connolly has surveyed physicians nationwide asking them to nominate other physicians who they felt were outstanding in their specialty. (A physician cannot nominate him/herself.)

A Castle Connolly physician-led research team then reviews all the nominations, including the physician's medical education, training, academic appointments, and outcome data, if available, before finalizing the Top Doctors list nationally and regionally.

BID-Milton affiliated physicians named to the Boston Magazine Top Doc-



**BETH ISRAEL DEACONESS Hospital-Milton orthopedic surgeon Michael Berry, MD, was one of 32 hospital physicians and surgeons named to Boston Magazine's Top Doctors list.**

tors list are:

- Michael Anderson, MD, Hematology/Oncology
- Jorge Barinaga, MD, MS, Infectious Disease
- Michael Berry, MD, Orthopedics
- Thomas Cataldo, MD, Colorectal Surgery
- Michael Chang, MD, Ophthalmology
- Jon Cronin, MD, Cardiology
- Cynthia Cullinane, MD, Internal Medicine

- Mark Dacey, MD, Ophthalmology
- John Danzinger, MD, Nephrology
- Derek Frederickson, MD, Gastroenterology
- Gerri Goodman, MD, Ophthalmology
- Alex Grilli, MD, Otolaryngology
- Hani Ibrahim, MD, Otolaryngology
- Gregory Kechejian, MD, General and Vascular Surgery
- Paul Konowitz, MD, Otolaryngology
- Roger Lefevre, MD, Urogynecology
- Janet Li, MD, Urogynecology
- H. Easterbrook Longmaid, MD, Diagnostic Radiology
- Daniel Mishkin, MD, Gastroenterology
- Rizkalla Mouchati, MD, Neurology
- Heidi O'Connor, MD, Pulmonary Disease
- Robert Patz, MD, Orthopedics
- Martin Pollak, MD, Nephrology
- Edward Rao, MD, Gynecology

- Carolyn Sax, MD, Pediatrics
- Christo Shahr, MD, Obstetrics
- Alice Shin, MD, Obstetrics/Gynecology
- Andrew Terrono, MD, Hand and Wrist Surgery
- Paul Wasson, MD, Ophthalmology
- Andrew White, MD, Orthopedics Spine Surgery
- Richard Whyte, MD, Thoracic Surgery
- Peter Zimethbaum, MD, Cardiac Electrophysiology

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## Robert Griffin President Of Manet Health Board Of Directors

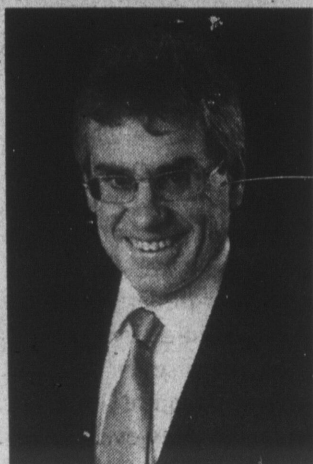
The Manet Community Health Center Board of Directors elected a new slate of officers for 2019 and will welcome new and returning members this month.

Quincy resident and attorney Robert J. Griffin who formerly served as the treasurer of the board, has assumed the role of president of the board.

John Galluzzo, of Hanover and grant writer for the South Shore YMCA, will return to the role of vice president after serving as interim president since late September 2018.

Quincy resident and attorney Ivan Wong continues as secretary of the board and Stephen Keches, General Manager at ATI Flowform Products and East Walpole resident, is treasurer of the board.

Robert Griffin has been a member of the Manet Board since 2011. He is the managing partner of Krokidas & Bluestein LLP, where he has been since 1985 with practice interests and con-



ROBERT GRIFFIN

centrations in health care, non-profit, administrative and corporate law. Griffin acknowledged Eva Greenwood and John Galluzzo, former board and interim board presidents, for their exemplary leadership and commitment to an engaged board as he also looks forward to welcoming the newest board members for 2019 including: Dr. Neda Hovaizi, DDS, of Milton, owner and practicing dentist at Lumiere Dental Spa in Quincy; and Samantha Chen of Quincy, an analyst

at Blue Cross Blue Shield of Massachusetts.

Griffin said the Manet Board will be focused on the development of a comprehensive three-year strategic plan that dedicates and drives the health center to deliver exceptional programs and services, strengthen organizational infrastructure and develop and maintain strategic partnerships and collaborations within the service areas and practice locations in Quincy, Hull and Taunton.

Griffin also said in the year ahead there will be a reflection and celebration of 40 years of uninterrupted service to a burgeoning service area with practice sites in Quincy, Hull and Taunton, along with the expansion of high quality, integrated, innovative program and services including, yet not limited to Behavioral Health, Wellness and Prevention, Prenatal and Women's Health, Medication Assisted Treatment programs for persons in

recovery, and the essential implementation of value-based payment reform all the while continuing Manet's optimal performance and advocacy as a member of the US Health Resources and Services Administration (HRSA) federally qualified health center program.

"I am honored to serve as president of the Manet Board of Directors and I look forward to working with this patient majority board of directors and Cynthia Sierra, chief executive officer, and her executive team as we, for and with the community, prepare for the future and for an exciting and challenging year ahead," Griffin said.

Returning members to the Manet Board include: Anne Bisson, director of Department of Human Services and Council on Aging for the City of Taunton and resident of Fall River; John Brothers of Braintree, executive director of the Education and Training Branch of the YMCA of Greater Bos-

ton; Christopher Cogdill, of Quincy; Zachary Eaton, of Quincy, finance manager for Newton Automotive; Lawrence Flanagan, retired and resident of Canton; Linda Kelly of Quincy, disabilities advocate; Matthew Littlefield, director of Business Development for Innovative Cost Solutions and resident of Hull; President of Manet Health Foundation Joseph M. Reardon of Milton, vice president for Community Development and Advance Planning at Keohane Funeral Home; Henry Rittal of Quincy, Strategic Workforce Planning Manager for Blue Cross Blue Shield of Massachusetts; Marsha Roos, a guidance counselor at Braintree High School and resident of Quincy; and Mark Souza from Taunton, co-owner of Better Living Recovery Home.

### Social Security Matters

## File & Suspend? Restricted Application? Or Just Wait?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor  
Association Of Mature American Citizens

**Dear Rusty:** My wife and I were both born in 1953. My wife will reach her full retirement age in March 2019 and I will reach mine in June of 2019. My wife's benefit will be roughly \$2,200/month and mine will be about \$2,700/month if we were to file for payments. An option I have considered is spousal benefits only. In June of 2019 can my wife or I file and suspend our benefits and the other file for spousal benefits and receive half of the others benefits while both our benefits continue to earn credit (8% per year) until we both hit 70? **Signed: Looking to Maximize**

**Dear Looking:** Well, you can't do things quite the way you suggest, but you do have a different option known as the "restricted application for spousal benefits only" which either of you can exercise because you were both born before the cutoff date in the 2015 law which changed the File and Suspend option.

You can't both "file and suspend" benefits as you asked but using the Restricted Application (RA) allows one of you to file for benefits and the other to file the RA to collect half of the other spouse's benefit while allowing their own benefit to grow. To use the restricted application, I usually suggest that the lower-earning spouse apply for their retirement benefits first, allowing the higher-earning spouse to file the RA and collect 1/2 of the lower-earning spouse's benefit while their own retirement benefit grows at a rate of 8% per year of delay (actually 2/3rds of 1% per month of delay). You can delay up until age 70 when you'll get 32% more than you will get at age 66.

So if your wife applies in March 2019 and collects her full benefit, you could file the RA when you reach age 66 in June 2019 and get half of your wife's benefit (about \$1,100/month) for 4 years until you reach 70, at which point you can switch to your own retirement benefit which would be about \$3,564 per month (using the numbers you provided). Since your wife's retirement benefit would always be more than her spousal benefit (half of your FRA benefit), she would continue receiving her own full retirement benefit, unless you should predecease her, in which case she would get 100% of the increased benefit you are receiving instead of her normal retirement benefit.

But there is another alternative: You could both simply wait until you are 70 to apply and both get the 32% benefit increase, which for your wife would mean about \$700 more per month. Which is the better alternative? Only you can decide, while comparing expected longevity against your wife collecting an additional \$700 per month starting at age 70. In a little over 6 years, your wife's additional monthly benefit would offset what you would have received in spousal benefits from the Restricted Application, and she'd get the higher benefit for the rest of her life. In the end, it always comes down to how badly you need the money now, your health and your expected longevity.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit the website [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org).

## Free Y Weight Loss Program At South Shore YMCA

The South Shore YMCA announces a new, free Y Weight Loss Program. This community-focused program will provide participants with an easy-to-follow plan for achieving better health and weight loss through instructor-led exercise, group support, education and nutritional guidance.

The new Y Weight Loss Program is free to all new and current South Shore YMCA members at Quincy YMCA, Emilson YMCA and ZoneWellness center. The program began Jan. 7th.

Ultimately, the Y Weight Loss program from the South Shore YMCA will serve as barrier-free jump-

start to weight loss, helping members develop healthy habits and lifestyle changes to get on track for the New Year and beyond.

"We want to make sure we help our members so we're going to give them a plan and guide them through this free program step-by-step," said Michael Buonocore, Senior Director of Healthy Living, South Shore YMCA, Emilson Branch. "Many people looking to lose weight have all the right intentions and energy, but don't know what they're supposed to do because they're too embarrassed or afraid to ask. Our free Weight Loss Program at the South Shore Y will

hopefully alleviate these fears and contribute to successful weight loss for all of our participating members."

Participants begin with a simple check-in with their coach, including an instructor-led orientation to the South Shore Y's fitness equipment and a body composition analysis. Using InBody technology, members will learn about their body's fat, water and lean muscle levels in just moments after stepping on the state-of-the-art scale. Armed with this baseline of personalized data, Y Weight Loss Program members will then meet twice a week for 12 weeks with a small group of others to follow workouts developed by strength training expert Wayne L. Westcott, Ph.D.

"I could not be more pleased with the new Y Weight Loss Program," said Dr. Westcott. "Research shows that diet-based weight loss is rarely successful for weight maintenance. The Y Weight Loss Program from the South Shore YMCA should be

very effective for both losing fat and building muscle, as well as for maintaining a desirable body weight."

"People who work together achieve more," said Emily Hubert, director of ZoneWellness. "Our members will receive ongoing individual and group support in a familiar setting to develop confidence in their movement and expand their network to help them stay accountable."

"The support system found through this program will allow participants to meet individuals who are working on a common goal and help members make the most of their South Shore Y membership."

In addition to weekly workouts, the South Shore Y will help participants remain motivated by providing digital fitness tips and nutritional guidance provided by a registered dietitian. Members and their coach can review and track their progress in a number of ways including through a fitness app.

With this data, participants can gain better awareness about their nutrition and fitness needs to achieve weight loss success and create lasting change.

"We're most looking forward to helping our members reach their goals," said Hubert. "Because the Y is a charity, we have the ability to reach people who could not traditionally afford a paid-for weight loss program."

To learn more about the new Y Weight Loss program from the South Shore YMCA, visit [ssymca.org](http://ssymca.org).

**JANUARY'S**  
Flavor of the Month is...

**Red Velvet**

Seasonal Flavors



**Ice and Snowflake Sundae**

**STORYTIME WITH BIG JOE**

Jan. 3 @ 10 AM | Milton  
Jan. 14 @ 10 AM | Hyde Park  
Jan. 25 @ 6:15 PM | Wollaston

12 Old Colony Avenue  
Quincy: 617-773-9420

77 Parkway  
Quincy: 617-786-8888

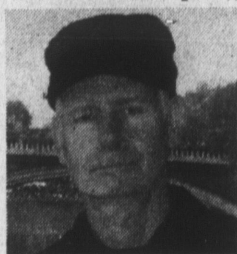
24 Central Avenue  
Milton: 617-696-2326

680 Truman Parkway  
Hyde Park: 617-910-9175



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# Norfolk County Officials Take Oath Of Office

Kicking-off 2019 with a variety of goals and issues before them, the Norfolk County Commissioners came together for their weekly meeting Jan. 2 that included an important biennial agenda item: the Oath of Office for recently elected and re-elected Norfolk County officials.

At the start of the meeting, Norfolk County Clerk of Courts Walter Timilty presided over the Oath of Office for Norfolk County Commissioner Peter Collins of Milton, Norfolk County Register of Deeds William O'Donnell of Norwood, and Norfolk County Treasurer James Timilty of Walpole. All pledged a continued strong commitment to representing Norfolk County's 28 communities and the residents they serve.

Also in attendance for the ceremony was Norfolk County Sheriff Jerry McDermott. McDermott was appointed by Gov. Baker last month to serve the next two years as sheriff until the 2020 election. Voters would then elect a sheriff to fill out the last two years of former Sheriff Michael Bellotti's term. The sheriff's seat would then be in the hands

of voters again in 2022; the winner of that election would be elected to a full six-year term as sheriff.

Following the ceremony, the County Commissioners, a group of three elected officials serving as the chief executive authority for Norfolk County, re-elected Commissioner Francis O'Brien of Dedham as chairman. Serving alongside O'Brien and Collins on the board is Commissioner Joseph Shea of Quincy.

Collins, a lifelong resident of Milton and a veteran member of the group, thanked the voters of Norfolk County for continuing to place their trust in his work as a County Commissioner, and said that he and his colleagues have high hopes for both 2019 and his new term. He said the goals and issues before the commissioners in the months to come include drafting a county budget for the next fiscal year that continues to ensure the fiscal health of the County, its departments and the Norfolk County Agricultural High School.

Collins added that additional priorities include advocating to the county's legislative partners about

the need to pass legislation aimed at modernizing the county funding formula, and continuing to address burgeoning cyber security issues facing the county.

"It's a real honor to be sworn-in for another term as a Norfolk County Commissioner," said Collins. "In just the past few years alone, the commissioners have worked together to make progress in various areas, ranging from prioritizing sound fiscal practices and making investments in our infrastructure, to addressing our liabilities and continuing to promote regional services in all Norfolk County communities. With a new year and new issues before us, it is important as ever to continue advancing the County's mission, and I look forward to getting to work."

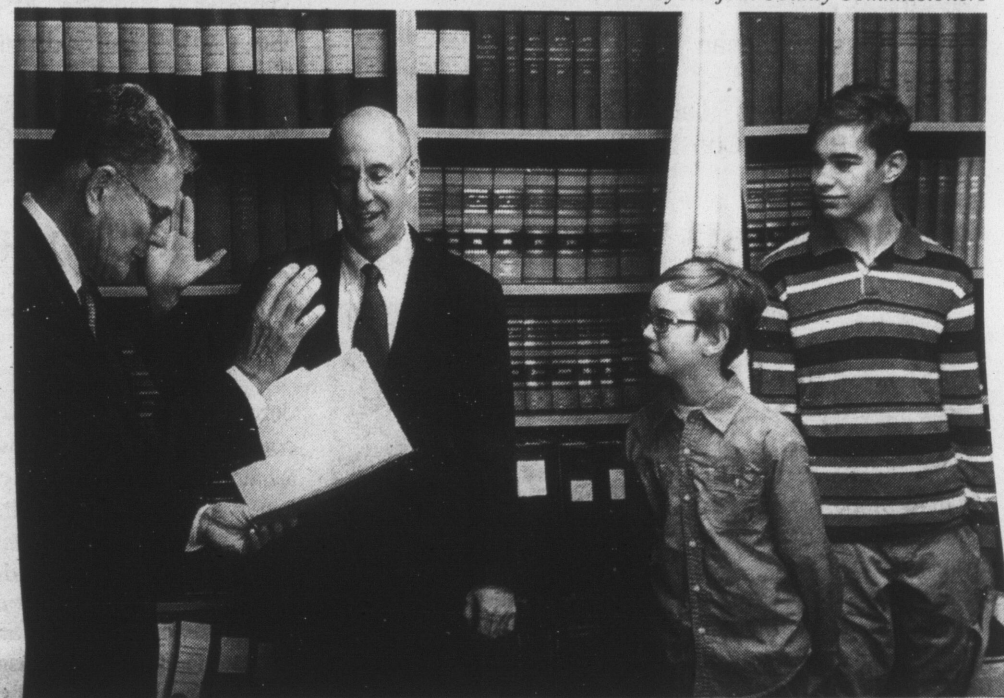
O'Brien, the newly re-elected chairman of the Norfolk County Commissioners, agreed with Collins' sentiments.

"County government is alive, well and successful in Norfolk County," he said. "I'm looking forward to working with Commissioners Collins and Shea, our partners and constituent communities to ensure that it keeps moving forward."



NORFOLK COUNTY OFFICIALS gathered in Dedham on Jan. 2nd to begin a new year of business. Seated: Commissioner Joseph Shea (left) and Chairman Francis O'Brien (right). Standing from left: Register of Deeds William O'Donnell, Sheriff Jerry McDermott, Commissioner Peter Collins and Treasurer James Timilty.

Photo Courtesy Norfolk County Commissioners



COMMISSIONER PETER COLLINS takes the Oath of Office with Clerk of Courts Walter Timilty presiding and sons, James and Mark, looking on.

## Pot Shops Eye Quincy

Cont'd From Page 1

Cannabis Control Commission expects four to eight new stores opening each month.

No companies have yet to apply to open a recreational facility in Quincy, Koch said, but he has heard from a couple retailers interested in doing so. Ermont, which operates a medical marijuana dispensary on Ricciuti Drive, is also interested in retail sales, according to the mayor.

"There have been no formal requests for permits, but I know that the medical dispensary on Ricciuti Drive has expressed an interest at some point to also getting into the retail side," he said. "There have been one or two others that have just made phone calls to see if the city is open to something."

"It's a reality," Koch added. "The voters voted for it. The state has done their part now with the commission and putting their guidelines down. We're not going to be able to keep it out of Quincy — it's impossible — so we'll do the best we can [to] make sure they go into the right locations. I don't want them near a school or a park."

Quincy residents ap-

proved the 2016 ballot question legalizing the recreational use of marijuana for people over the age of 21, with 51 percent of voters in the city voting yes on the referendum. Because a majority of Quincy voters approved of the ballot question, a separate referendum would be required to ban recreational sales in the city.

A zoning ordinance now pending before the City Council would regulate where recreational stores could open in the city. The ordinance would prohibit marijuana establishments from opening within 1,500 feet of any residential zoning district. They would also be barred from opening within 500 feet of any school, playground, athletic field, beach, public park, library, skating rink, public transit center, day care facility, or youth sports facility. Those regulations would essentially limit recreational pot shops to the Fore River Shipyard, the vicinity of Ricciuti Drive or Crown Colony.

Koch, who introduced the ordinance in early 2018, said he expects changes will be made to the ordinance before the council votes on

the legislation.

"I think there was some mutual thoughts, both from the administration and the council, we ought to wait to see what the state does," Koch said.

"The state has finished what they're doing, so now I think it's appropriate that we do some minor changes with it and get it in place, because someone is going to come knocking at some point — no question — formally apply, in other words."

The zoning ordinance now pending before the City Council is based in part on the ordinance approved to regulate where medical marijuana dispensaries can operate in Quincy. While the medical marijuana ordinance essentially limits those facilities to the shipyard, Crown Colony and Ricciuti Drive, Koch said a recreational pot shop could one day open in a place like Quincy Center.

"We did the medical in more industrial areas/medical areas. The world is changing so who knows? Maybe there will be a downtown location — not a place to smoke it, but perhaps a retail operation down the road," the mayor said.

## Interest High In Lowe's Site

Cont'd From Page 1

by Feb. 1. The Lowe's at 599 Burgin Parkway is the only one in the Bay State that will be closed.

Mayor Thomas Koch, in a recent interview, said he has discussed the future of the site with a real estate broker working on behalf of the site's owner. There are no plans to date for the site, Koch said, but the owner of the land will provide city officials with an update once one is available.

"I've had a brief conversation with a real estate broker who informed me on behalf of the owner of the site that they are looking around," Koch said.

"Keep in mind that Lowe's doesn't own the site. It's land leased to Lowe's. Lowe's is under a contract for 13 more years under that, so technically they may have to pay rent even if they are not there. The landowner is not up against any kind of financial issue here right away. The broker has told me as soon as the owner has anything more in mind they'll come see the city and test it and see if the city may have an interest."

"I know certainly there

has been a lot of interest expressed by a lot of retailers, but we'll see what happens," he added.

The mayor said those companies interested in the site include a variety of retailers, including grocery stores.

Koch would prefer a commercial user — or users — move into the site.

"I'd like to see it commercial. It is a commercial space. It was built commercially. I just want to see it stay commercial," he said. "But it might be more than one thing, because Lowe's has a huge footprint. It could be a grocery store with something else in it retail-wise."

The mayor dismissed the notion expressed by some residents that Stop & Shop would be able to block a competitor from opening

there or elsewhere in Quincy because it has its headquarters in the city.

"They can't prevent it unless they own the site," Koch said. "Stop & Shop is a big company, they employ a lot of people and they've been a great corporate citizen, but it is a free market. We'll see what happens."

The Lowe's on Burgin Parkway is located on a 12.81-acre site in a planned-urban-development zoning district. Because it is located inside a PUD zoning district, Koch said the City Council, in its role as the special permit granting authority, would have to approve of anything moving into the space.

"Whatever they would come back with, I think City Council approval would be necessary," the mayor said.

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# Real Estate

## Quincy Real Estate Transactions Dec. 31 - Jan. 4

Transactions are compiled by the Norfolk County Registry of Deeds

### SELLER

Reem Property LLC  
Michael Raymond  
Robert & Marilyn K. Saulnier  
Mark & Elisha Kroger  
Paula & Edward McDonald; Ronald, Richard,  
Michael, Noreen, Lynn & Maureen Menconi  
Ellen O'Brien  
Sobin Park LLC & Jennelle Realty LLC  
Narasimhan & Aruna Balakrishnan  
Panja S. Lymswan  
Robert & Brenda Guarnieri  
97 Atlantic LLC  
Susan Barstow Mahan  
Paul M. Daley  
22 Frederick Street Realty Trust  
American Building Construction Inc.  
An Jia LLC

### BUYER

Trevor T. King  
Panja Lymswan  
Robert Neret  
Audrey Underwood

### AMOUNT

\$257,000.00  
\$305,000.00  
\$320,000.00  
\$530,000.00

### ADDRESS

133 Commander Shea Blvd. Unit 302  
257 West Street  
64 Willard Street Unit 209  
182 Governors Road

Janet Sullivan  
Pardees R. Safizadeh  
City of Quincy  
Chandrashekar R. Busannagari  
Weifeng Liu  
Baofeng Gao  
Douglas F. & Audrey M. Li  
Goodwin Property Group LLC  
Evan P. Verhault  
Stavri Japo & Anita Kadiu  
Sumner Townhouse LLC  
Gabhaltas Teaghlaigh LLC

\$465,000.00  
\$360,000.00  
\$250,000.00  
\$165,000.00  
\$283,000.00  
\$726,600.00  
\$564,000.00  
\$310,000.00  
\$623,000.00  
\$430,000.00  
\$352,500.00  
\$620,000.00

39 Miles Drive  
15 Kendrick Avenue Unit 307  
394-408 Centre Street  
35 Desmoines Road Unit 310  
115 West Squantum Unit 103  
61 Ellington Road  
97 Atlantic Street Unit 2  
77 Willard Street  
929-931 Sea Street  
22 Frederick Street  
27 Sumner Street  
80 Independence Avenue

## O'Donnell Warns Homeowners About Deed Scam

Norfolk County Register of Deeds William O'Donnell is advising county residents to disregard a direct-mail solicitation offering them a certified copy of their property deed for an outrageous fee of anywhere from \$59.50 to \$86.

"There is a California company that continues to send direct-mail solicitations to unsuspecting homeowners asking them to send a check for \$86 in order to receive a copy of their deed," O'Donnell said. "If a consumer knew that the Registry of Deeds would provide them the same certified copy of a property deed for a charge of only \$1 per page, plus an additional \$1 for postage, they would never agree to pay such an outrageous fee for service. The average price for a mailed homeowner's deed by the Registry (usually two pages) is \$3.

"These solicitations," O'Donnell continued, "are labeled Recorded Deed Notice and request that the homeowner forward a check in the amount of \$86 for a copy of their deed. The Registry has been contacted by many who have received



WILLIAM O'DONNELL

this solicitation. Do not fall for this scam."

O'Donnell concluded:

"While the deed direct-mail solicitation may be legal, it's certainly not ethical. In my judgment, this is a scam being perpetrated against hard working Norfolk County residents, many of whom are first-time homeowners or elderly. Consumers are interpreting these notices as a bill, since they are affixed with a due date. I again urge in the strongest terms that Norfolk County citizens not let themselves fall prey to these

types of misleading deed scam advertisements."

If you receive such a deed solicitation notice, contact the Registry's Customer Service Center immediately at (781) 461-6101 or by email at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org). Additionally, those who want a copy of their own deed can contact the Registry's Customer Service Center. The center will provide one for a nominal fee of usually \$2 to \$3.

To learn more about these and other Registry of Deeds events and initiatives, like us at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds).

Deeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

## Emergency Preparedness Course Jan. 29-30

Cont'd From Page 3

The web-based portion of the course can be completed anywhere online from noon to 1 p.m. on Tuesday, Jan. 29.

The course is being offered in a series of courses coordinated by Quincy Emergency Management Director Ally Sleiman, in an

initiative to enhance public knowledge and capabilities to respond to and recover from emergency situations and disasters.

For more information on the course contact Quincy Emergency Management at (617) 376-1105, or visit [delvalle.bphc.org/rshtt](http://delvalle.bphc.org/rshtt) to register.

## Ask Barbara Graceffa: 'Secretary Of The Interior'

### A Few Of My Favorite Things

What decorating trends do you like now? Arleen

I love the new textured, patterned, and oversized tiles; bold wallpaper; and unusual faucets like an industrial look or with a waterfall spout.

What inspires you as a decorator? Bobbie

I like to build creative spaces with unique décor items, so I'm inspired by fabrics, colors, and everyday items I can transform into something no one else owns. For example, I transformed a wire dress form into a photo "album" by simply attaching photos with small office clamps.

If I had to choose one source, decorating shows inspires me the most. I like those shows that employ creative, not cookie-cutter, solutions.

What was your favorite decorating project for a client? The most challenging? Clara

Although many of my decorating consults are just choosing a paint color or new furniture or sewing window treatments, I love transforming a whole room. My favorite remains a living room makeover in Lexington: choosing new furniture, selecting fabric to reupholster other pieces, choosing a new paint color - as directed by the homeowner to match the sunset outside the room's bay window, sewing window treatments, designing built-in bookcases, and hanging an eclectic art collection. (See photos on my website.)

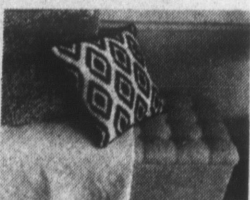
Remodeling a funeral home was the most challenging.

Speaking of favorite things, I love teaching interior decorating too. My adult education classes at Braintree High School this winter include one- and two-week evening workshops on design basics, floor plans, color theory, decluttering, and new classes on coastal decorating and more. Check out my website for details.

Do you have a decorating challenge needing a professional solution? Send your questions to Secretary of the Interior at [barbara@sec-interior.com](mailto:barbara@sec-interior.com).

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, to view her portfolio, and to read testimonials about her work, visit [www.sec-interior.com](http://www.sec-interior.com) or call 617-921-6033.

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On Saturday, Dec. 29th, at approximately 11:22 p.m., Officers Michael Dougan and Thomas Gaeta were dispatched to the rear of a Quarterdeck Road address on a report of a male and female arguing. Upon arrival, Officer Gaeta spoke with a neighbor who stated she was awakened by a male wearing a white shirt knocking on her window.

The officers checked the immediate area to no avail. Moments later, Officer Dougan saw a male with a white shirt running through a court yard on Yardarm lane. The officer drove behind a building on Quarterdeck Road and spotted the male as he ran up to an apartment door, knock on it, then run to a Dodge Caravan and climb into the driver's side seat.

Officer Dougan radioed Officer Gaeta that he had the suspect in a vehicle. Officer Dougan approached the driver's side door and observed a female sitting in the passenger's seat. When asked what they were doing, the driver/male said he wasn't doing anything and then began to knock on the driver's side window. When he did this, Officer Dougan observed abrasions on the male's knuckles that were currently bleeding and the blood was being smeared onto the car window. When asked what happened to his knuckles, the male began to ramble and not make sense, appearing to be intoxicated.

At this time, the male was asked to step out of the car, but instead of complying, he locked the doors and immediately placed his right hand into his right pocket, refusing to get out of the car. Concerned that the male may be reaching for a weapon, Officer Dougan drew his firearm. Officer Gaeta arrived on scene and requested additional units.

The male was ordered to put his hands on the steering wheel but he refused. The female passenger grabbed the male's hands and attempted to hold them on the steering wheel. The male pulled his hands away and placed his right hand into his right pocket and began fishing around in his pocket.

The commands were again given to take his hand out

## A Job Well Done

By QUINCY POLICE LT. DAN MINTON

of his pocket but he refused. The female again pulled his hands out and placed them on the steering wheel while also yelling that the male had mental health issues and was intoxicated. Once she freed his hands she was also able to open the driver's side door for the officer to get inside. The male grabbed the door and attempted to shut it but Officer Dougan was able to wedge his foot in to keep the door open. The male then slammed the door on the Officer's right toes.

Officer Gaeta moved in and was able to keep the door open while giving the male commands to exit the vehicle. The male then crossed his arms with his hands in his armpits. At this time, Officers Parisi, Tait and Sergeant McNeil arrived on scene. The male would not step out of the vehicle while screaming that he did not hit anyone. At this time, residents were turning on their lights and coming outside to see what was going on.

The officers at risk to themselves reached in and pulled the male out of the vehicle and onto the ground. The male continued his resistance on the ground, refusing to unlock his arms as the Officers attempted to place him in handcuffs. After several minutes of attempting to gain control, the handcuffs were applied. Once in handcuffs, the male continued to act belligerent.

Officer Dougan spoke with the female, who stated she had been dating the male for the past six years. She stated they were visiting friends in the area and an argument fol-



LT. DAN MINTON

lowed because he was intoxicated and would not go home with her. She denied there was any physical abuse and when asked what happened to his T-shirt, she stated he fell due to his intoxication and ripped his shirt. When asked about his knuckles, his girlfriend said that he has mental health and anger issues and was punching the ground.

Although there were no signs of physical abuse, Officer Dougan offered the female access to domestic violence counseling and recommended that she take steps for help but she declined. The male, who was large and refused to get into the cruiser so he was transported by the wagon.

The male, a 25-year-old Quincy resident, was charged with disorderly conduct, resisting arrest and assault and battery with a dangerous weapon to wit car door.

Nice Work!

### AIRBAGS AND FRONT SEAT INFANTS OR DOGS

It is illegal to have an infant or child on the lap of a front seat passenger (or driver). It is also very dangerous to the well being of both parties in the event of an accident with airbag deployment. Having an animal on your lap could result in similar results.

With the force and quickness of airbag deployment, the passenger is protected from additional harm caused by an accident; however, the airbag is set up to protect passengers free of items on laps. With a child or animal between you and the airbag, the force is going to propel them into your chest area. This could result in serious injury or death to the passenger as well as the animal or infant.

A common excuse is that the child wouldn't stop crying and needed to be held. Better options would be to sit in the backseat with the infant/child, who is in their child car seat and console them – or simply pull over to determine what is wrong.

## QUINCY POLICE CRIME PREVENTION JOURNAL

### Quincy Police Statistics

Dec 28 – Jan 3

Calls: 922

Arrests: 26

Stolen Vehicles: 2

FRIDAY, DEC. 28

**ASSAULT AND BATTERY, 11:13 a.m., Wash Dry, 236 Washington St.** Caller called behalf of another man who came into the Wash and Dry and stated he was assaulted. He does not need an ambulance. No assault. Advised.

**LARCENY, 3:34 p.m., 318 Hancock St.** Air Pods. He is at school playing basketball.

**LARCENY, 5:59 p.m., Boston Market, 126 Granite St.** Drunk female inside the store. Black coat, short blonde hair, about 50 years old. Is breathing but not coherent. 90 Pounds. Blue jeans, dark blue sweatshirt, dark boot on her right foot. Gone on arrival. Trespassed. One to QMC. Confused party. All items accounted for and returned.

**LARCENY, 6:31 p.m., 318 Hancock St.** Placed his headphones in his jacket at basketball practice. Halfway through practice he looked and they were gone.

SATURDAY, DEC. 29

**MOTOR VEHICLE LARCENY, 8:38 a.m., 39 Pond St.**

**ATTEMPTED BREAKING AND ENTERING, 2:08 p.m., Taffrail Rd.** Apartment.

**VANDALISM/PROPERTY, 5:56 p.m., Water St.** Caller says a neighbor threw a rock at her house.

SUNDAY, DEC. 30

**VANDALISM/PROPERTY, 12:50 p.m., Water St.** Slashed tires on two cars. Happened last night. No suspect info.

MONDAY, DEC. 31

**LARCENY, 6:51 a.m., Kam Man Food, 215 Quincy Ave.** Female was at the Kam Man yesterday seeing an herb doctor when she put down her pocketbook, which contained two cellphones. She then noticed the phones were missing this morning when she woke up. Believes she knows who took her phones.

**LARCENY, 10:04 a.m., Victory Rd.** Packages. In the leasing office.

**LARCENY, 11:51 a.m., 10 Faxon Ave.** Bike.

TUESDAY, JAN. 1

**LARCENY, 12:39 a.m., Applebees, 200 Hancock St.** Caller wants to file a report against another employee who walked out without paying a \$218 bill.

**VANDALISM/PROPERTY, 9:56 a.m., 61 Billings Rd.** To property.

**LARCENY, 12:21 p.m., Dunkin' Donuts, 195 Newport Ave.** Caller states his wife had her keys stolen at Dunkin' Donuts yesterday. Store has surveillance footage of female taking keys.

**LARCENY, 12:55 p.m., Beale St.** Tire.

**LARCENY, 2:45 p.m., Quarterdeck Rd.** Package.

**LARCENY, 4:43 p.m., BJs, 200 Crown Colony Dr.** Cellphone. Has person on video.

**ASSAULT AND BATTERY, 6:13 p.m., Olympiā Sports, 100 Granite St.** Customer arguing with workers. Black male wearing a camouflage coat threw a drink on employee; went toward Star Market. Coat with fur. 5'6", 130 pounds. Carrying a black coat. Black backpack.

WEDNESDAY, JAN. 2

**LARCENY, 9:41 a.m., Roberts St.** Caller states he had his prescription for Adderall taken by known party on Dec. 31. Party could not verify with paperwork that he does in fact have a prescription for the medication he was attempting to report. Will return with appropriate documentation.

**VANDALISM/PROPERTY, 12:16 p.m., Sherman St.** Cut wires/decorations.

**VANDALISM/PROPERTY, 2:08 p.m., Quincy St.** Backyard abuts a storage facility. Woke up this morning to find backyard littered with cans. Unknown if it's people from the address throwing stuff over. More of a neighbor issue. Advised.

**BREAKING AND ENTERING, 4:36 p.m., Warren Ave.** Dwelling. Possibly by a known person.

**MOTOR VEHICLE LARCENY, 6:12 p.m., Valvoline Oil Change, 366 Centre St.** Motorcycle missing. Happened yesterday at job overnight. Bike was left in the lot and is now missing. Manager did not have it towed. Motorcycle is mostly red.

**LARCENY, 6:57 p.m., Presidential Dr.** Someone stole the caller's suitcase from in front of her door.

THURSDAY, JAN. 3

**VANDALISM/PROPERTY, 8:07 a.m., Taffrail Rd.** Tires slashed. Happened last night.

**BREAKING AND ENTERING, 12:14 p.m., Liberty St.** Garage.

**LARCENY, 2:55 p.m., 1 City View Ln.** Requested officer for report. No answer. Message left. Unable to access building.

**LARCENY, 3:05 p.m., Rite Aid, 132 Granite St.** 5'4" male party in brown jacket carrying large box filled with items taken from Rite Aid.

**LARCENY, 3:23 p.m., 1 City View Ln.**

**ATTEMPTED BREAKING AND ENTERING, 4:52**

**p.m., Doane St.** Body slamming the door trying to get in. Two males. One shaved head and a hood. Male party shaved head, gray hoody and darker jeans.

**BREAKING AND ENTERING, 10:05 p.m., Boston Market, 126 Granite St.** Backdoor was at kitchen is unlocked. Unknown male walked in, took employee's black bag with wallet, credit cards, ID. Happened a few hours ago. Store has video. White male about 30 years old. Dark clothing. Black jacket. Gray sneakers. Navy blue hood. Blue jeans. Happened at 5:30 p.m.

**VANDALISM/PROPERTY, 11:29 p.m., 1429 Hancock St.** Caller's car was keyed. Caller believes party was driving a black Camry. Driver was 40 year old white male with black hair and dark glassed. Car was parked at above address from 7 to 8:10 p.m.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

**STOLEN MOTOR VEHICLES:** Pond Street, 366 Centre St.

**CAR BREAKS:** Phipps Street, 85 Water St., Pearl Street, Guild Street

**BREAKS AND ATTEMPTED BREAKS:** Granite Street, Liberty Street, Warren Avenue (relationship type break possibly), Crown Drive

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764** or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the **Drug Hotline at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentrement at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is [dminton@ci.quincy.ma.us](mailto:dminton@ci.quincy.ma.us) -- Lt. Dan Minton

Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.



# Taking A Plunge For Atherton Hough Elementary School

By TOM GORMAN

Nearly 40 adults and children braved the chilly waters at the Houghs Neck Maritime Center for the fifth annual Atherton Hough School Polar Plunge on Saturday.

As a group of several dozen looked on, the "plungers" ran into the water following a count-down. Screams pierced the air as they briefly toiled in the 42-degree water. After a quick dip, they ran out to head for warmth.

Some were dressed as if it were a summer day at the beach, wearing a just bathing suit.

"It's so cold," exclaimed a shirtless Brian Keefe as he emerged from the water, running for his home across the street.

"It's awesome, just awesome," said City Councillor Noel DiBona, whose children attend Atherton Hough. "I'm doing it for my son who is in kindergarten. I was looking forward to it today."

DiBona said he was motivated by Atherton Hough PTO members Meredith Earnest and Jill Hockney who both coordinated the event.

"The last few years I kind of dodged it," he said.



ABOUT 40 BRAVE souls gather at the Houghs Neck Maritime Center before taking a quick dip at last Saturday's fifth annual Polar Plunge to benefit the Atherton Hough School's PTO. The event has raised some \$2,500 since it was established in 2015.

Quincy Sun Photo/Robert Bosworth

"This year Meredith and Jill said 'your boy is in kindergarten, so it's time to go in.' So, we're in."

This was Sterling Middle School grade 5 student Brayden O'Connell's first plunge.

"It was really, really cold," he said.

This was also Atherton Hough fifth grader Joseph MacNeil's first dunk.

"It was freezing," he said. "When you dunked, it just got even more cold."

Joseph's dad, John MacNeil, who joined his son for the plunge, disagreed about the cold factor.

"He thought it was cold, I thought it was easy," said John MacNeil. "It was better than last year. This year was it was balmy. It's nearly 50 degrees. The last couple of years we had snow and ice and it was zero degrees."

This being his son's last year at Atherton Hough, John thought Joseph should experience the plunge.

"It was Joe's first (plunge) and it's his last year at Atherton Hough. So, we felt he had to get it done," said John.

Ward 1 Councillor Dave McCarthy enjoyed his second time plunge and appreciated the milder temperature this year.

"Last year we were kidding how cold it was down here," he said. "This year is kind of like Naples, Florida."

McCarthy praised the

work of Earnest and Hockney for coordinating the event.

"The Atherton Hough PTO, Jill and Meredith, do a great job," he said. "It's just another great Houghs Neck tradition. It's a super day for everybody."

Former city councillor Margaret Laforest, who is a veteran of the plunge, said the event is a great start to the new year.

"It's a Quincy and pure way to ring in the new year,"

she said. "A lot of people say it's a bucket list item. It's a great event for this neighborhood. Everybody in Houghs Neck is pretty aquatic."

Laforest voiced appreciation to the Quincy Police Marine Unit and dive team that was on hand. Several divers were in the water near the plungers while the marine boat stood by just off shore. The unit combined a training session while pro-

Cont'd On Page 28

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**LOCAL YOUNGSTERS** (from left) Courtney Barry, Darian Hockney, Mikayla Barry, Alanagh Walsh, Evan Walsh and Megan Sterling head for the water at last Saturday's Houghs Neck Polar Plunge.  
*Quincy Sun Photos/Robert Bosworth*



**PARTICIPANTS AT** the fifth annual Houghs Neck Polar Plunge included (from left) former city councillor Margaret Laforest, event coordinator Meredith Earnest, community activist Jim McCarthy and event coordinator Jill Hockney. Below: plungers frolic in the 42-degree water.



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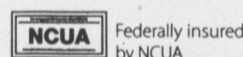
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# Quincy Girls Hoop Rallies Past Hanover

By TOM JOYCE

For much of the contest, it looked like it could go either way. Although neither team gained much ground on the other in the first three quarters, it was the Quincy High girls' basketball team who shined late and picked up the victory last Friday night.

Trailing by one point headed into the fourth quarter, the Presidents put up 23 in the final frame and continued playing sharp defense as they topped Hanover 51-42 at home to improve to 6-2 on the season and 4-1 in Patriot League play.

"We struggled big time tonight," Presidents' head coach Jeff Bretsch said. "We couldn't find the hoop anywhere. We were getting open looks and struggling. They were a little discouraged at halftime, but we stuck to it and trusted our defense and ultimately, it's our defense that's been winning it for us. The press really kicked in during that fourth quarter and we were able to force a lot of turnovers."

"Hanover deserves credit," he added. "They're a scrappy team that always

fights and they're very well coached. We knew it was going to be a dogfight tonight, but I'm glad the kids were able to turn it on in the fourth."

Although Hanover led 29-28 after three quarters, the Presidents would not allow them to pull away. Jillian O'Toole got a steal and a layup to start the fourth quarter, giving the Presidents the lead.

Hanover tied the game at 33 apiece 90 seconds later, but a Brenna Tobin free throw regained the lead for the Presidents and sparked an 8-1 run. With 5:10 remaining, Allison McMorrow hit a layup off a steal and 10 seconds later, Fallon Hobin made one off a steal and assist by O'Toole. After Hanover hit a free throw, Juliana Tracey's layup with 3:26 left gave the Presidents a comfortable 41-34 lead—but they would need more.

Hanover sank back-to-back treys to make it a one-point game, but Gia Calabro sank a wide open 3-pointer with 1:49 remaining, giving the Presidents a 44-40 lead and helping them pull away.

The Presidents then got a stop on defense and on offense,



QUINCY'S GRACE HOBIN plays strong defense against Hanover's Janey Devlin in the Presidents' 51-42 win over the Indians last Friday night at QHS. With the win, Quincy improved to 4-1 in the Patriot League (6-2 overall).

fense, Juliana Tracey hit a layup and a free throw with 1:08 remaining, giving the team a 47-40 lead. Calabro had the assist on the initial shot.

"I think that was the moment that defined the game," Bretsch said of Calabro's 3-pointer and assist. "Her leadership mattered a lot at that moment."

From there, Hanover tried sending the Presidents to the line in order to regain possession, but the home team got four more points from the charity stripe thanks to Brenna Tobin, putting the team's total at 51 on the day.

Juliana Tracey scored a team-high 14 points for the Presidents while Allison McMorrow finished second with 11. Jillian O'Toole added nine more and Brenna Tobin dropped eight points, all of which came from the free throw line.

Although it took the Presidents until the fourth quarter to pull away in this one, they also played well early in the game. With two minutes left in the first quarter, McMorrow had a steal followed by a basket to put the team up, 11-6.

Hanover made it an 11-9 game by the start of the second quarter, but Quincy then went on a 5-0 run thanks to a 3-pointer from O'Toole and a 2-pointer from Tracey.

The success the Presidents have enjoyed this season should not be all that surprising. After all, they went 13-8 last season and returned most of their starting lineup. That said, most of their regulars had played big minutes in the past and



JULIANA TRACEY puts up a shot for the Presidents against the Hanover Indians last Friday night. Tracey scored a team-high 14 points as Quincy won its sixth game of the season, 51-42.

Quincy Sun Photos/Robert Bosworth

More Photos Online: [www.TheQuincySun.com](http://www.TheQuincySun.com) (galleries)

know what it takes to compete for four quarters.

"We're getting more experience as we go," Bretsch said. "They know the ebb and flow of the game. The kids play hard and if you do that, you have to trust that good things will happen eventually. As the other

team gets tired, that's when our advantage really kicks in."

Having an experienced team also allows Bretsch to use more advanced drills at practice than in previous years.

"It's kind of some high-level concepts, but this is

a very intelligent group of girls who have a lot of experience and they're very skilled," he said. "So we're able to take things to a little bit higher level with them. I think this group is a very special group, so hopefully we'll continue to find success."



QUINCY'S JILLIAN O'TOOLE scored nine points in the Presidents' 51-42 win over Hanover last Friday night.

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# Quincy Police, Neighbors App 'Ring' In Partnership

The Quincy Police Department announces it is joining the Neighbors app to provide the Quincy community with what it calls real-time, local crime and safety information.

The Neighbors app, offered by Ring, already has millions of users and has been instrumental in catching package thieves, stopping burglaries and keeping neighborhoods safe, officials said.

Residents can download the free Neighbors app via iOS and Android online at [download.ring.com/quincy](http://download.ring.com/quincy) or by texting "quincypd" to 555-888 from their smartphone. Once downloaded, residents can join their



Neighbors by Ring

neighborhood and use the app to monitor activity; share crime and safety-related videos, photos and text-

based posts; and receive real-time safety alerts from their neighbors, local law enforcement and the Ring

team.

"I am happy to announce the Quincy Police Department's partnership with the neighborhood watch app Neighbors by Ring," Chief Paul Keenan said. "We are always looking for innovative ways to keep our community safe and we are proud to be the first police department in Massachusetts to partner with Neighbors in an effort to reduce crime."

"More than ever, residents are using security cameras and smartphones to capture and share potentially crucial information," Keenan added. "It is our hope that by using the Neighbors app, crime information and home security video can be easily

shared between neighbors and police to quickly solve and reduce crimes. Working together as a community, we can make our neighborhoods safer."

"We're excited to have the Quincy Police Department join Neighbors to keep their community up-to-date on local crime and safety information," said Jamie Siminoff, founder of Ring, an Amazon company. "Over the past few years we have learned that, when neighbors, the Ring team and law enforcement all work together, we can create safer communities. Neighbors is meant to facilitate real-time communication between these groups while maintaining neighbor privacy

first and foremost."

After downloading the app, you can opt-in to join your neighborhood; customize the geographic area you want to receive notifications for (users must verify where they are located and cannot participate in other neighborhoods); receive real-time alerts from your neighbors, local law enforcement and the Ring team that inform of crime and safety alerts as they happen; view local crime and safety posts via a live feed or interactive map; share text updates, photos and videos taken on any device, including Ring's home security devices; and work with your community to make neighborhoods safer.

## NQ Boys Hockey Sinks Silver Lake, 6-2

By TOM JOYCE

The hard-working North Quincy High boys' hockey team has become one of the more dominant teams in the area this season.

The Red Raiders had a young team last season and struggled to a three-win season as a result. However, midway through the season, they have nearly three times that many wins thanks to strong play in all facets of the game. The most recent example of this was their 6-2 win over Silver Lake at Quincy Youth Arena last Saturday night. The Red Raiders improved to 8-2 on the season with the victory.

"We kind of made tonight all about us," Red Raiders head coach Matt Gibbons said. "Sometimes, you worry about what they do but the last few games, I felt like it was slipping away a little bit. We started off very strong, but I think it happened a little after we got that fourth goal in the second. We talked to them between periods though and they really rebounded. We just haven't played our full game yet. That's the positive thing about it. I still think there's a ton we have to work on."

The Red Raiders had no trouble offensively against their Patriot League opponent. Senior forward Noah Wines found the back of the net twice in the first period, first with 6:17 remaining and once again a few minutes later, giving the team a quick 2-0 lead.

Senior forward Kieran O'Driscoll padded the lead 1:06 into the second period, chipping in a goal of his own. It was his first of two goals on the game as he continues to be an asset on the attack despite having started

his high school career as a defenseman.

"Before, we had to use Kieran on offense because we had to," Gibbons said. "But we don't have to — and that only makes our offense better. It's good. It seems like it's coming together pretty well."

Later in the second period, junior defenseman Cormac Flaherty, who is back on the team after playing juniors last season, capitalized on a power play, putting the team up 4-0.

Silver Lake would not go away that easily, however. They put up two goals of their own before the second frame ended, but could not mount a comeback in the third period.

After all, the Red Raiders excelled on the attack there. O'Driscoll put up his second goal of the game and senior forward John Early added to the damage with a goal of his own.

Sophomore goaltender Asher Wines picked up the win in net for the Red Raiders and sophomore forward Ronan Kelly issued three assists in the victory.

Once again, the win was an indication of the progress the Red Raiders have made from last year to this season where they are enjoying immense success.

"It's like night and day from last year," Gibbons said. "I think it starts with the seniors and making sure everyone is involved. Sometimes, the room can get cliquy and that's not the case with these guys. Every Saturday, they're doing yoga together and I think that stuff's the base of everything: making sure they're working together and are all on the same page. We haven't talked about

wins and losses. We're talking about getting better and the results will come."

The Red Raiders are enjoying this success despite not having played one game with their full team yet this season. One player, senior forward Andrew Airosus has been out all season thus far with an injury, but he is expected to return to the ice.

In addition to their regular leaders, the Red Raiders have had some younger players step up for them this season like freshman defenseman James Hooley, sophomore forward/defenseman Mike Izzo and junior defenseman Peyton McGaffigan. They also gained sophomore defenseman Sean Feeney as a transfer from B.C. High and Hooley transferred from Catholic Memorial before the season started.

In the past, limited bodies had been an issue for the Red Raiders, but that is no longer the case. Their varsity roster lists 21 players and since they had 13 freshmen come out for the team, they also have a freshman team once again.

"That was huge for us," Gibbons said. "The past four years have been a struggle. Those guys coming in who aren't ready for varsity, that puts a lot of pressure on them, so it's been good for those freshman guys and we've had some freshmen step up for us on varsity as well."

Right now, the Red Raiders biggest focus is improving on a daily basis.

"It's nice to have our tradition back at North Quincy," Gibbons said. "These kids have fought through and they deserve it, so hopefully they can keep it going."

## Quincy Boys Ice W-H, 5-2

By TOM JOYCE

The Quincy High boys' hockey team had no issue taking down Whitman-Hanson last Saturday night at Quincy Youth Arena.

The Presidents played a sound bout on offense, defense and in net on their way to a 5-2 victory. With the win, the Presidents improved to 7-1 on the season.

"We've been working on dumping pucks in the right area in practice so we can get into the right areas," Presidents' head coach Ted Walsh Jr. said. "Like we told the boys, 'if you skate hard and do that, it should go well.' If our forecheck is strong and we're skating well, we're in good shape. Tonight, for the first time, I would say we skated for three full periods."

"That's a tough team," he added, referring to Whitman-Hanson. "They're well coached. They always come hard and I noticed after our fourth goal, they came even harder. The boys responded by putting another goal up and we were able to play just about everybody, so it's definitely a positive experience."

It did not take long for the Presidents to start pulling away in the contest as senior captain and forward Dan O'Leary put up a pair of goals in the first period. His first one came with 3:28 left in it and the next one with 51 seconds remaining, giving his team a 2-0 lead after one.

The Presidents managed to extend this lead to four goals before Whitman-Hanson could respond. Midway through the second period, junior forward Tommy MacPherson netted his first goal of the game unassisted and with five minutes left in the frame, he scored again, giving the Presidents a commanding lead.

Even though the Presi-

dents went into the final period up by four goals, Whitman-Hanson would not stop fighting. There was not enough time for the road team to make a comeback, but they did manage to put up a pair of goals in the last five minutes of the game, although senior captain and defenseman Griffin Lynch padded the Presidents lead with an additional goal.

Walsh said he thought the win was a complete team effort from the Presidents.

This season, the Presidents are in a good spot after not having lost any seniors to graduation last season. After all, they Presidents made it to the MIAA Division 2-South tournament last season despite being on the younger side.

That said, the team's high level of varsity experience is working out well for them.

"That's what it is," Walsh said. "They've all been there and done that. They know what happens when we don't compete and don't play hard. That happened to us last year as a younger group, but we have great leadership from our captains and all of our seniors. They're self-motivated which is important. They're a great group. They work hard in practice and it's translating into the games. We push them really hard at practice and they're responding with wins."

During practice, the Presidents mostly do live, competitive drills where members of the team go up against one another. Walsh said this is especially beneficial for some of the younger players who have the opportunity to gain experience against talented varsity players.

"It's huge because it's part of the learning process," he said. "All of my seniors have been through that process and had to fight through bigger bodies, more

skilled players at practice. It pays off in the long run if you're willing to put the time and effort in."

From a practice standpoint, Walsh has been pleased with what he has seen from his team this season.

"Everything with us is how we practice and how it translates into the next games," he said. "We just focus on how we practice. We have to be practicing hard and playing hard. We have to make sure it translates into our game. If we play like we practice, we're going to be in good shape. We have plenty of talent on the team and if they're willing to put the effort in—and they have been—it's going to result in victories for us."

On top of their hockey playing ability, Walsh also said he is proud of how his team is doing academically.

"It's nice to coach a team that not only performs well on the ice, but in the classroom as well," he said. "We have a lot of high honors students and I think that's very important as well."

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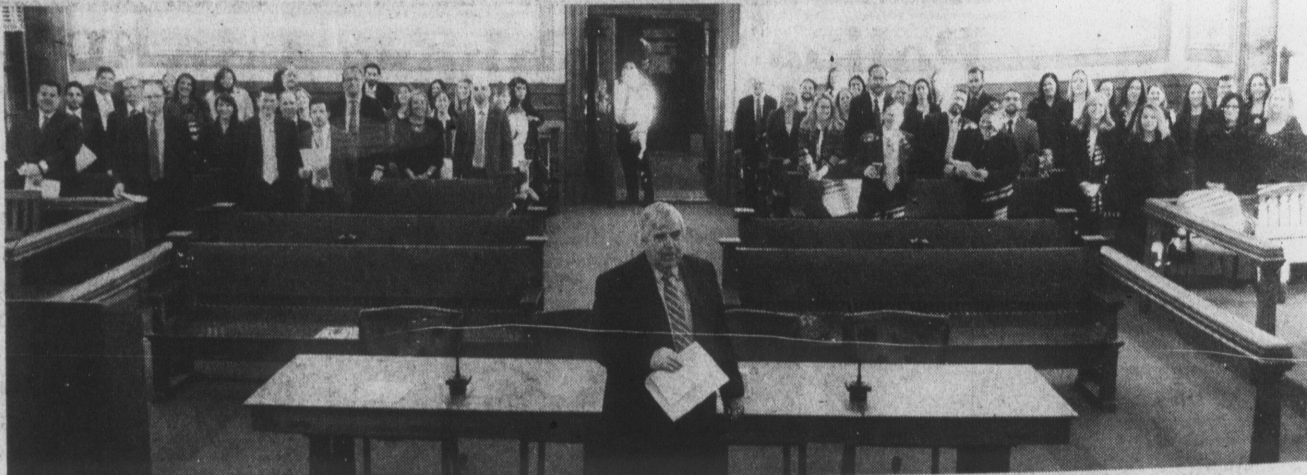


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SECRETARY OF STATE William Galvin swore-in Norfolk District Attorney Michael W. Morrissey to begin his third 4-year term in office in the main courtroom of Norfolk Superior Court in Dedham Jan. 2.



FOLLOWING HIS OWN swearing-in by the Secretary of State, Norfolk District Attorney Michael Morrissey (center) swore in his more than 60 assistant district attorneys.

Photos Courtesy Norfolk County District Attorney Office

## Morrissey Begins Third Term As Norfolk Dist. Atty.

Secretary of State William F. Galvin came to the Norfolk Superior Court in Dedham Jan. 2nd to swear-

in Michael Morrissey as the Norfolk district attorney.

"As society evolves, so do the demands it places on the justice system," Morrissey said after being sworn in for his third 4-year term in the office. "What does not change is our dedication to the victims of crime who turn to police and the courts for their safety, and ultimately for justice."

Morrissey said that working closely with the municipal police departments

across the county, providing training and support wherever possible, will continue to be a central facet of his administration. During his eight years in office, Morrissey has funded training in investigating motor vehicle homicides, human trafficking, collaborative problem solving, administering the opiate overdose reversal drug naloxone, and several other subjects for municipal police, fire and other and local officials.

"We know and respect the challenges our local police departments face. We work inside and outside the courtroom to support the good work they do," Morrissey said. "We also try to work as closely as possible with our school departments, providing training and resources that can help them maintain positive school communities and safe school facilities."

After taking his own oath

in the main courtroom of the Superior Court, Morrissey turned to the more than 60 attorneys who work for him and administered to them the oath that allows them to represent the Commonwealth in criminal matters.

That oath concluded shortly after 8:30 a.m. — a half hour before the morning call in the county's five district courts. "Congratulations," Morrissey said to his line prosecutors. "Now go to work."

### QNG Winter Track

MSTCA Boston Holiday Challenge Dec. 28

MSTCA Distance Classic (with shotput) Dec. 29

MSTCA SPEED CLASSIC

QNG Participants and places

#### HOLIDAY CHALLENGE

##### GIRLS RESULTS

55m 23. Nnene Ugah 7.84

300m 54. Nnene Ugah 47.27

##### Freshman Mile

18. Victoria Mariano 6:02.84

24. Jennie Burgess 6:04.89

Hurdles 5. Sarah Pillone 8.99 NQ School Record

Long Jump: 5. Sarah Pillone 16'07" NQ School Record

##### BOYS RESULTS

##### Freshman Mile

17. Robert Cannon 5:04.10

31. Emmett Bandzak 6:15.69

##### Weight Throw

5. Benson Nguyen 49'05.5"

NOTES: Sarah Pillone's school record in the hurdles eclipses the former record shared by Makini Thompson '04 and Phyllis Poon '96 of 9.32. Pillone's record in the long jump eclipses the old record held by Erin McFarland '04 of 16'04.75". Pillone's performances also both surpass the state auto-qualifying mark for the MIAA Division 1 Championships.

#### DISTANCE CLASSIC (with Shotput)

##### GIRLS RESULTS

1000m: 5. Abby Murphy 3:14.10

Shotput: 41. Ciara O'Connor 19'10"

##### BOYS RESULTS

1000m: 50. Quang Vinh Tran 3:05.14

Mile: 51. Nick Ouellette 5:11.26

Shotput: 27. Benson Nguyen 34'09.25"

37. Ahmad Powell 33'00"

NOTES: Abby Murphy's time of 3:14.10 surpasses the state auto-qualifying mark for the MIAA Division 1 Championships

## Officials Kick Off 2020 Census

Cont'd From Page 2

dents can use to complete the census online or over the phone; Baylor said residents could still fill out the census

online or by phone even if they lose that number.

If a resident does not complete the census after a set period of time, a tra-

ditional paper form would then be mailed to that address. Eventually, a census taker would visit the address if no response were received.

For residents concerned about sharing their personal information with the federal government, Baylor said federal law prohibits the sharing of information collected on the census with anyone, including the Internal Revenue Service, law enforcement and elected officials.

"We cannot release your household information to anyone for any reason," Baylor said. "It would take an act of Congress to change that, so the data you give us is safe."

Some spaces are still available. The event is open to the public. Cost is \$20 per person.

Register at: <https://mac-ucc-reg.brtapp.com/Active-ThreatShooterTraining>.

### Quincy Point Congregational

Quincy Point Congregational Church, 444 Washington St. will welcome new members during the 10 a.m. worship service.

Rev. Kim Murphy will be preaching. Robert Romer will read scripture and Ronald Grabke will be the soloist of the day and the Cross-Roads Adult Praise band will perform.

After worship there will be Fellowship, coffee and light refreshments in the Social Hall. While there, visit

the Big Blue Q table to sign the Birthday and Thinking of you cards. More information about the church is also available.

On Saturday, Jan. 12 from 9 to 11 a.m. there will be an Active Threat Training course at the Quincy Point Congregational Church conducted by Blue-U Defense and sponsored by the Disaster Resource and Response Teams of the Massachusetts Conference of the United Church of Christ.

### Houghs Neck Congregational

The worship service starts at 10 a.m. Sunday at the Houghs Neck Congre-

gational Church, 310 Manet Ave. after the bell is rung by Darian and Davyn Hockney.

Liturgist Joe Latteo will welcome and call to worship. Pastor Steve Vandergift will lead the service and preach his sermon. Janice Hughes and Rob Rheault will serve for the Diaconate. Steve Reed, minister of music will direct the choir.

A fellowship coffee hour follows the service, hosted by Nancy Jacobs.

The church is collecting socks for ISS (interfaith Social Services) this Sunday and next Sunday. There is collection bin in the vestibule. The socks will be on display in the sanctuary.

Thursday at 7 p.m. and Saturday at 10 a.m. yoga with Amy Ross is held in Fellowship Hall. Bring \$5, a mat and water.

Quincy Access Television  
88 Washington Street  
Quincy, MA 02169



www.qatv.org  
617-376-1440  
617-376-1441



#### Public Access Channel 8

Thursday, January 10  
6:00pm: Bethany Congregational Church

Friday, January 11  
11:30am: LIVE: Currently in Quincy  
2:00pm: Mayor's Good Scout Breakfast

Saturday, January 12  
1:00pm: QHS vs. Hanover Girls Basketball

Sunday, January 13  
8:00pm: QHS vs. Hanover Girls Basketball

Monday, January 14  
11:30am: LIVE: Currently in Quincy  
7:00pm: Eye on Quincy (replay)

Tuesday, January 15  
7:00pm: Quincy in Focus Year in Review

Wednesday, January 16  
6:00pm: Good News

#### Government Access Channel 9

Thursday, January 10  
12:00pm: City Council 1/7  
8:00pm: Governor Baker's Inauguration

Friday, January 11  
7:00pm: Media Advisory: US Census Kick-Off

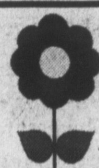
Saturday/Sunday, January 12/13  
12:00pm: City Council 1/7  
6:00pm: Media Advisory: US Census Kick-Off  
7:00pm: City Council 1/7

Monday, January 14  
8:00pm: House of Rep's Inaugural Session

Tuesday, January 15  
8:00pm: At the Library Concert: Marc Berger

Wednesday, January 16  
8:00pm: Governor Baker's Inauguration

Programming is subject to change.  
For a complete list of programs, please visit our website at [qatv.org](http://qatv.org)



Wollaston Hill  
MONTESSORI SCHOOL



Open House  
Saturday, January 19  
(snow date: January 26)

10:00am - 11:30am

48 Winthrop Ave. Quincy 617-237-0722

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# Failed Power Steering Module, Engine Nests, Synthetic Oil

## Ask John Paul: AAA New England's Car Doctor

We own a 2013 Ford Explorer XLT which I bought new. Recently, I lost the power steering and brought it into a local repair shop who told me that it seems like the electric power steering module has failed. I noticed that there was a recall for this for 2011 to 2013 Ford Explorers but when I called both the dealer where I bought the car and Ford, they told me that my car wasn't covered which doesn't make sense to me. I don't know why some 2013 Ford Explorers are covered and mine is not. Do you have any suggestions on how I might proceed? The local repair shop told me that it would cost about \$1,800 or so to fix.

Currently the Ford Explorers covered under this recall were manufactured from "Job One" in 2011 through Feb. 28, 2012 and only vehicles assembled in the Chicago plant. Since your vehicle has the same failure it sounds as if the problem may be more wide spread than Ford originally listed. Since you can't drive the vehicle without power steering it will need to be repaired. If this were my vehicle, I would have the work performed and save all your receipts. The current campaign has a provision for reimbursement for customers that paid to have the repairs performed and hopefully any future campaigns will as well.

For the second time with two different cars parked in Boston's Back Bay alley we have rats nesting in the engine compartment. What should we do to discourage them? The exterminator puts bait boxes near the car, a poisoned rat then crawled on top of the muffler, got stuck on the muffler and cooked during a recent round trip to Connecticut.

If the alley is free of garbage and anything else that can attract rats, I think the exterminator had the right idea with the bait boxes. There are also pouches that contain oil of peppermint (Victor is one company that has them) that you can tie under the hood that are supposed to repel rodents. This could just be me but if rats were living in my car, I would have to move.

I read your column every week. This week, someone wrote in about replacement rotors. In the article, he mentions a usage rule: 20,000 miles for pads, 40,000 for rotors and 60,000 for calipers. I had a 2010 Jeep Grand Cherokee and traded it in last December with 84,000 miles on it and never replaced anything except tires and battery. I still own a 2010 Ford Mustang Convertible. I just had the oil/filter changed. It has 70,000 miles on it. I have changed the tires (twice), battery, 3 fuel filters. Brakes are fine as far as what my inspection says. Should I be concerned with my Mustang for hidden problems?

The person who wrote into me had what I would consider a very aggressive replacement schedule for their car's brake system. What I prefer to do is periodically give my vehicles a thorough inspection to determine what and when certain systems need attention. This combined with the maintenance schedule in the vehicle's owner's manual should prevent any surprises. With you Mustang follow the regular maintenance schedule although there is one technical bulletin that is worth looking in to. In some cases, the rear axle vent can pump out differential fluid. The fix is a replacement of the vent cap.

I own a 2008 Toyota Solara V6 engine powered convertible, with fewer than 31,000 miles. The service advisor at the local dealership has recommended replacing the timing belt and water pump because of the age of the car, not the mileage. My 2008 Toyota Camry with a V6 engine had a chain, but the Solara has a belt. Will this car be subject to excessive motor damage if the belt breaks? I recently had the brakes replaced, purchased new tires and battery. It is a second car (fun to drive especially with the top down) and I do intend to keep it for the foreseeable future. Please advise.

Toyota recommends replacing the timing belt at 90,000 miles or every 9 years. The engine is listed as a "free-wheeling" design so if the belt breaks, there shouldn't be any catastrophic engine damage, but you will be stranded with a car that won't run. If this were my car, I would replace the timing belt and if the water pump shows any signs of wear replace that as well.

My seven-year old Subaru Forester with 75,000 miles was recently at a quick lube. While there the technician told me the power steering fluid looks dirty and should be changed. Should power steering fluid be changed at that mileage or any mileage?

There is no specific replacement interval for power steering with Subaru vehicles. If the fluid is clean, has no burnt odor and the level is correct there is no reason to replace it. The fluid can get contaminated, if there is a leak, overheats or if components are starting to wear in the power steering system. All fluids will get somewhat dirty over time, but a

good technician can tell you what is normal and what is not.

I have a 2017 Lexus ES350 with just 16,000 miles on it. When I put the car in reverse there is a clicking noise coming from the brakes or brake calipers. The Lexus dealer used some kind of lube to lessen the sound. Should the calipers be replaced?

The brakes should not make any noise. It is possible that the brake pads are shifting slightly, or the calipers are also moving slightly. In both cases this could cause a clicking noise. It is also possible that there is some part of the vehicle's suspension or even the exhaust that is also moving causing a noise. At this point I would return to the dealer and road test the car with a technician to demonstrate the noise. Once they have heard the noise, they should be able to find its source and repair it.

I'm the original owner of a four-cylinder 2004 Honda Accord with 170,000 miles. This year the check engine light has come on several times. My mechanic replaced both oxygen sensors and the catalytic converter. This work was performed to address the check engine light problem, but it has come back on a day or two after the car is repaired. Any ideas?

At this point the technician will need to follow standard procedure to check the cause of the check engine light and resulting diagnostic trouble code. A code that indicates a oxygen sensor issue or catalytic converter problem can be caused by several other failed parts. One possible issue is the use of aftermarket catalytic converters. I have seen many cases that some aftermarket catalytic converters just don't work properly.

I have a 2008 Subaru Outback wagon with the 4-cylinder engine that has 114,000 miles on it. I also have a 2006 Toyota Corolla, with 80,000 miles on it. I have always used regular/conventional oil in both vehicles but have been reading about synthetic oil from you and other experts for years and now I have two questions. Can I safely switch to synthetic oil on both cars without any problems? At the mileage and age of both vehicles is it worth switching both in terms of cost and possible reduced engine wear?

I have used synthetic oil in my cars and anything else with a gasoline engine for more than 20 years and feel the benefits offset any cost. In just about every case with my own vehicles they didn't start with synthetic oil and I had no problem switching from conventional to synthetic oil. One of my radio listeners had an interesting take on moving to synthetic oil. He had an older Toyota and switched to a synthetic blend for two oil changes and then to full synthetic oil on the last oil change. During a recent cold snap where we saw temperatures around 10 degrees, he felt that his car never started easier or sounded quieter.

My husband and I own a 2006 Toyota Avalon with 160,000 miles on it. We have noticed our headlights are not as bright as they used to be. Can car headlights develop cataracts and is there a way to clean the lights?

The plastic lenses that cover the headlight can oxidize and discolor due to ultra violet rays from the sun. A new AAA engineering study revealed that deteriorated headlights - those with a clouded or yellowed appearance - can reduce the amount of lighting produced by nearly 80 percent. In many cases the headlights lenses can be cleaned, or lower priced aftermarket replacement parts can be purchased to restore better lighting. Headlight bulbs can also dim over time and of course as we age our eyes don't work as well as they did once. Keep in mind that when we reach 60 years old, we need three times as much light to see as when we were 20 years old.

I'm hearing this question asked more and more this time of year by those searching for a new car. What characteristics, other than snow tires, do I look for when purchasing a pre-owned or new all-wheel drive SUV or crossover that will be great in the snow? Every dealer claims their brand is the best for winter driving. Is it the weight and design of the vehicle, the quality of the all-wheel drive and anti-skid technology?

Some vehicles are legendary with their off-road and winter weather performance. Jeep, Range Rover and very popular in the Northeast Subaru all perform well. What makes an all-wheel-drive vehicle outstanding in the winter is what you mentioned: winter tires. The reality is that front wheel drive vehicle is better than rear wheel drive and four-wheel-drive; all-wheel-drive is much better than front wheel drive. That being said, any of these vehicles will benefit from winter tires. Several years back I drove an AWD Audi that was terrible in the snow, that exact same car with winter tires improved dramatically.

For the last 20 years my wife and I have been devoted fans of the Honda Odyssey. We enjoy its reliability, fuel



JOHN PAUL  
AAA's Car Doctor

efficiency, comfort and its quiet car-like ride. We need a vehicle like the Odyssey because of our kids, our dog and the fact that we take long trips up to eastern Canada in the summer. I read recently in a consumer publication that the Odyssey is now the lowest in reliability of all vans. What has happened here, and do you think we should avoid buying a new one? If so, what would you recommend? To complicate matters, I'm not a big fan of the Sienna or really any of the other vans out there based on what I've read about them. Is it time to make a switch to an SUV?

I still believe that the Honda Odyssey is one of the best vehicles of its type on the market. It rides well, gets decent fuel mileage and is very versatile. Where I believe the Odyssey may have failed some of its loyal customers is with the overly complicated infotainment system. It is not just Honda but some other manufacturers that by eliminating buttons and knobs and relying on touch screens are frustrating their customers and a frustrated customer can result in poor satisfaction scores.

The automatic transmission on my 2017 VW Golf SportWagen shifts too early: I end up driving around town at 35 miles per hour in 6th gear at 1,200 RPM and the engine shakes trying to pull the load. I can manually shift down with the paddles, depress the accelerator, move into the sport mode to have the car behave better but it seems I shouldn't have to do this. Two Volkswagen service departments say there is nothing they can do. They tell me that, in effect, the shift points are hard wired at the factory. Ever heard of the shift points being adjusted?

I would ask the dealer to investigate a bit more with your vehicle. I remember years back many Volkswagens had a very similar problem with the engine lugging at certain times and the repair was to reprogram the car's computer.

I own a 2013 Infiniti JX35 that needs to have one of the tire pressure sensors replaced and the dealer quoted this repair at \$200. Does that seem reasonable to you or is it a bit high?

The price using original equipment parts and considering the higher labor charges at a dealer, \$200 is about right. You could use an aftermarket sensor and save a bit of money, but you want to make sure the repair shop is using a reliable replacement part.

I have a 2007 Jeep Grand Cherokee that recently showed a check engine. My regular mechanic checked it and cleared the code. He was ready to give my car back to me when I asked him to put it up on the lift for peace of mind. To our surprise we found the engine oil pan was completely rotted, transmission cooler lines were leaking, and some other seals were also leaking. I was quoted at least \$2,000 to repair the vehicle. This guy has been working on my cars for four years; how could he have missed all of this before? I'm sure it's been in rough shape for a while. My question: would any of these issues have noticeably affected the Jeep's performance (gas mileage, rough idle, etc)? What would have caused such widespread corrosion? I'm having the repairs performed now and biting the bullet as this is my lifelong car.

The problem with rust is that the vehicle can perform perfectly until it rusts into pieces. The rust we are seeing now is at least partially attributed to the chemicals that are put on the roads to prevent freezing in winter. As good as these chemicals are, they are quite corrosive. Periodic inspections would have given you a hint of things to come and may have allowed you to spread out the repair costs a bit but wouldn't have stopped the corrosion and the resulting repair bills.

I recently had the front brakes repaired at my auto repair shop on my 2006 Honda Accord. I thought I just needed pads but was told that I needed pads and rotors. They told me that with the new type of brake pads, ro

Cont'd On Page 20



# Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 19

tors should be replaced, because they wear better together. I always follow the usage rule of 20,000 miles for pads, 40,000 miles for rotors and 60,000 for calipers. My front brakes had about 18,000 miles usage for both the pads and rotors. I thought that I did not need the rotors. Do you agree with what my shop told me about replacing the pads and rotors about every 20,000 miles?

I believe in replacing parts when they are worn out. There is no reason to think that if the brake rotors are in good condition they need to be replaced. Years ago, when brake rotors were worn, we would resurface them. Now many rotors don't allow for anything other than minor resurfacing. If the rotors were scored, out of round or pitted, it would make sense to replace the pads and rotors together.

I have a 2012 Honda Civic with a little over 16,000 miles. Some months ago a "check the tire pressure" message appeared on the dashboard. I took the car to the Honda dealer and was told the pressure was fine, but the same message kept appearing. I took the car to a service station and was told the pressure was fine. Now, the same notification appears when I turn on the ignition. I hope you will help me with this situation. Should I live with this or have it checked for further test?

If the tire pressure when checked with a gauge is correct the fault is with the tire pressure monitoring system (TPMS). The next step would be to test the sensors and the system functionality. If everything looks okay, then disconnect the TPMS control unit. If the light goes out, then check the wiring and if necessary, replace the module.

I owned a used 2008 Honda Ridgeline and loved it for many years with no major problems encountered. At 150,000 miles I decided to trade in for a newer used Ridgeline. I settled on a used 2017 Ridgeline with 35,000 miles on it. I have noticed when accelerating after slowing there is an annoying, and I think dangerous, hesitation around 35-40 mph. If I don't re-step on the gas pedal, there is no power. I tried cleaning injectors and adding fuel cleaner to the gas tank. Upon further research, I noticed Honda online forums loaded with the same complaint for different model years. Many "experts" said it is part of the shifting gear hunt and is normal, but this is not normal for any car or truck I have ever driven. Could this be a design flaw? I am bringing my Ridgeline to the dealer but am afraid because the hesitation is intermittent that they will not find any problem. Have you heard of this Honda hesitation problem?

The engine in the Honda Ridgeline uses cylinder deactivation to help save fuel. I believe it is this combination of the cylinder deactivation and transmission gearing that may be causing this "flat-spot." Alldata, the database that I use, doesn't show any technical service bulletins specifically for this issue, but Honda may have some updates that are not available to the aftermarket. At this point I would return to the dealer and see if they have an update that can remedy this undesirable characteristic.

We picked up a screw in one of our tires. The car is a 2013 Honda CRV, AWD. We bought it used several years ago so I'm not sure if these were the original tires or not. We have put 22,000 miles on the car and the odom-

eter reads 53,500 miles. When we got to the dealer they said because of the location of the screw in the tire, the tire could not be fixed. I understand that but what they told us next I'm not so sure. They said we would have to replace all the tires. The dealer told use the with all-wheel-drive you can't just replace one or two tires, but you need to replace all four. With no other choice at the time we purchased four new, did all four tires need to be replaced?

The answer varies by vehicle manufacturer, but the best answer is to have four tires that match exactly. Some vehicle manufacturers recommend that tires are all within a 2/32nds of an inch of tread with each other, other manufacturers are a bit more liberal stating that tire circumference needs to remain within 1/2 inch. One interesting option that is available from some larger tire outlets is to buy a new tire and have it shaved down to the size of the other three tires.

With winter upon us, having a vehicle with four new tires in my opinion is money well spent.

My husband and I have been married for 30 years and I wanted to buy him/us a convertible for our anniversary. My budget is about \$30,000 so I would most likely be looking at used cars and there one of two you can recommend?

A couple of cars to look at are the Mazda Miata, a great little sports car and with your budget you could buy a 2018. Other possibilities looking online are late models of the Ford Mustang and BMW 228. If you are looking for a car with a useable back seat the Mustang is a great choice. In order, I would pick the Miata, Mustang and BMW.

## Simple And Sustainable Ways To Become A Healthier You In 2019

By JENNIFER BUCKO LAMPLOUGH  
and LARA RONDINELLI HAMILTON

Around the new year, most of us vow to make drastic changes to our diet or lifestyle. For some that means adopting a strict (and joyless) diet or signing up for hardcore fitness classes that meet at 5 a.m. (despite the fact that you're horribly out of shape). It's no wonder these resolutions are often short-lived. When it comes to making lasting changes to your diet and lifestyle habits, slow and steady wins the race.

There's no doubt that committing to eat healthier and get more exercise are great New Year's resolutions. But unless your new practices are sustainable, any progress you make could be short-lived. Small diet and lifestyle changes over time that aren't too disruptive stand a better shot at becoming permanent healthy habits. Whether you want to lose 30 pounds, get better control of your diabetes, or achieve a similar health goal, it's best to make small but powerful changes. Eventually, you'll see results.

If you're ready to take some small yet mighty steps toward better health in 2019, give these tips a try.

**Cut out sugary drinks immediately.** Sugary drinks like regular soda, fruit drinks, energy drinks, and sweet tea raise your blood glucose and add empty calories to your daily intake. Even though it can be a hard habit to kick, do all you can to eliminate these drinks from your diet. Replace them with fresh water, low-fat milk, flavored calorie-free carbonated water, and unsweetened tea and coffee.

**Purge the junk food.** Cookies, chips, sweets, and other snacks are hard to resist when they are an arm's length away. The best way to avoid them is by removing them from your home. But don't worry. When you're craving a snack, you can try a healthier whole food option, like slices of avocado, a handful of nuts, kale chips, a small serving of Greek yogurt, a piece of fruit, veggies with hummus or nut butter. These snacks are more satisfying and pack more nutrition than your processed favorites.

**Do some research and identify an eating pattern you can live with.** Studies show that there are many different eating patterns that can be helpful in managing diabetes. That means that if you're trying to get your health in order, you don't have to stick to a rigid plan that restricts many of your favorite foods. Some effective eating patterns include vegetarian or flexitarian, Mediterranean, low-carbohydrate, and low-glycemic.

**Choose leaner cuts of meat.** Saturated fat—the kind found in animal protein—raises blood cholesterol levels, which is a risk factor for heart disease. An easy way to reduce your saturated fat intake is by choosing lean cuts of meat. Avoid or reduce your intake of lard, fatback, and high-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon, spareribs, and the skin from chicken and other poultry. Instead, choose skinless poultry; fish, turkey, and beef trimmed of fat, including round, sirloin, flank, and tenderloin; and lean cuts of pork, including center loin chop and tenderloin.

**Plan your meal around veggies (instead of making them the afterthought).** At mealtimes, try to fill at least

half of your plate with nonstarchy vegetables like spinach, cauliflower, broccoli, cabbage, carrots, bell peppers, Brussels sprouts, and eggplant. Veggies like cauliflower, broccoli, carrots, and Brussels sprouts are delicious when roasted in the oven, and sautéing cabbage, bell peppers, and eggplant brings out their natural flavors. Finally, start any meal with a simple salad of mixed greens to help you meet your veggie quota.

**Try lettuce wraps instead of bread.** Iceberg, green leaf, or butter lettuce make a surprisingly delicious bread substitute. Use them in place of bread for your next sandwich. Nestle burgers or grilled chicken inside a lettuce "cup" in place of hamburger buns, and carefully wrap deli meats and toppings into a low-carb lettuce sub sandwich and secure it with wax paper and a piece of tape. Then tear the paper away as you eat.

**Eat veggie noodles in place of pasta.** For a great pasta substitute, sample the veggie noodles trend. Veggie noodles are a delicious, lower-carb option that can be eaten in place of grain-based pastas. A kitchen tool called a "spiralizer" quickly and easily turns vegetables into "noodles," or you can use a standard vegetable peeler for a similar result. For even more convenience, you can now find these spiralized veggies in the freezer or produce section of many grocery stores. Try noodles made from zucchini, sweet potato, carrot, or spaghetti squash. Top them with chili, Bolognese sauce, or use them to make a cold "pasta salad" or noodle dishes like Pad Thai. Hint: You can also try cauliflower, butternut, or broccoli "rice" in place of regular rice for a lower-carb option.

**Schedule in exercise five days a week.** What you write on your calendar and allot time for is more likely to get done. Your workouts don't have to be extra rigorous to be effective. Just taking a brisk 30-minute walk each day—or at least five times a week—is a great way to get your heart rate up and kickstart weight loss and improved health. Of course, if you'd like to take up running or sign up for a cardio class, go for it! But if you are sedentary, it's important to start slow and build up your endurance so you can maintain your new routine!

**But don't do ONLY cardio.** Get in some strength training too (even if you're watching TV at the same time). Strength or resistance training makes your body more sensitive to insulin and can lower blood glucose. It also helps to maintain and build strong muscles and bones. The American Diabetes Association recommends doing some type of strength training at least two times per week. Activities include using weight machines, free weights at the gym, or resistance bands; exercises that use your body weight to work your muscles like squats, lunges, planks, wall-sits, and push-ups; or activities that build and keep muscle like heavy gardening.

**Do at least some of your exercise outdoors.** There's nothing wrong with going to the gym, but if you're feeling unmotivated to do your normal indoor routine, take your workout outside. The fresh air is invigorating, and studies show that being in nature decreases stress and promotes positive emotions. So be sure to trade out some of your time

on a treadmill for a walk or jog in a local park. Or do lunges, push-ups, and other strength training in your backyard for a change of scenery.

**Shake up your sedentary workday every chance you get.** Sitting at a desk all day can negatively impact your health. If the nature of your work causes you to be sedentary for eight hours a day, look for chances to build more movement into your day. For example, take a ten-minute walk after lunch, get up and move a little each hour (even if it's just a walk to the water fountain or restroom), park farther away than you normally would, take the stairs instead of the elevator.

There's no reason your New Year's resolutions have to be painful, punishing, and ultimately unsustainable. Making more manageable changes—that you will actually enjoy—is a better game plan for success. Make 2019 the year you finally shift into a healthier lifestyle and start moving toward building a better you.

### Whole Roasted Cauliflower with Lemon Vinaigrette

Excerpted from *The Diabetes Cookbook: 300 Recipes for Healthy Living Powered by the Diabetes Food Hub* (American Diabetes Association,

November 2018, ISBN: 978-1-580-40680-2, \$24.95)

Prep time: 5 minutes

Cook time: 1 hour

Servings: 8

Serving size: 1/2 cup

Cauliflower

2 tablespoons olive oil

1/2 teaspoon salt

2 1/2 pounds whole cauliflower

Vinaigrette

Juice of 1/2 lemon

2 tablespoons olive oil

1/2 teaspoon dried parsley

1/8 teaspoon ground black pepper

Preheat oven to 425°F.

In a small bowl, mix together olive oil and salt.

Place cauliflower, cut side down, in a large baking dish. Pour olive oil evenly over cauliflower and use your hands to rub the oil and salt mixture into the cauliflower.

Place on the middle oven rack and roast 60 minutes (if cauliflower starts getting too dark, then cover with aluminum foil).

While cauliflower is roasting, whisk together all the vinaigrette ingredients in a small bowl. When cauliflower is finished roasting, pour vinaigrette evenly over entire head.

To serve, cut whole cauliflower in half, then cut each half into 4 pieces.

Choices/Exchanges: 1 Nonstarchy Vegetable, 1 1/2 Fat

#### Nutrition Facts

Calories 80

Total fat 7.0 g

Trans fat 0.0 g

Sodium 170 mg

Sugars 2 g

Protein 2 g

Dietary fiber 2 g

Calories from fat 60

Saturated fat 1.0 g

Cholesterol 0 mg

Potassium 260 mg

Total carbohydrate 4 g

Phosphorus 40 mg

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## Eleanor P. Jennings, 95

A funeral Mass for Eleanor Patricia "Pat" Jennings, 95, a lifelong North Quincy resident, will be celebrated at 10 a.m. Thursday in Sacred Heart Church, Quincy.

Ms. Jennings died peacefully surrounded by her loving family on Jan. 5 at the Pat Roche Hospice Home in Hingham.

She was the devoted aunt of Mark Jennings of Rockland, Paul Jennings of San Diego, CA, Carol and David Sarner of Pleasantville, NY, Megan Mason of Holbrook, Bill and Libby Jennings of Bedford, NH, Linda Courtiss and Michael O'Connell of Plymouth, Jack and Joyce Jennings of Belmont, Claire

and Terry Logan of Golden, CO, Diane and Joe Ames of Foxboro, and her sister-in-law Dolores B. Jennings of West Bridgewater. Preceded in death by her dear siblings Paul R. and William V. Jennings, her sister-in-law Shirley Jennings and her niece Susan Mason.

Visiting hours were 4 to 8 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy. Funeral from the funeral home at 9 a.m. Thursday.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to Sacred Heart Parish, 386 Hancock St., Quincy, MA 02171.

## Dominique McDonald, 46

Dominique McDonald, age 46, of Quincy died unexpectedly at home on Jan. 5.

Born in Quincy, Ms. McDonald was the loving mother of Gianna Thomas of Lynn, beloved daughter of Donna Piccarini and Robert McDonald and his wife Kathleen of Quincy, loving

sister of Joleen McDonald of Quincy, Sean McDonald and his fiancée, Chelsea, of Abington, step-sister of John Smith and his wife Kristyn of Braintree and Brendan Smith of Quincy. She is also survived by her loving grandmother, June Piccarini of Quincy as well as many aunts, uncles, neph-

## Marie C. Morisset, 76

A funeral Mass for Marie Claudette (Marseille) Morisset, age 76, of Randolph, formerly of Quincy, will be celebrated at 10 a.m. on Monday, Jan. 14, in St. John the Baptist Church, Quincy.

Mrs. Morisset died peacefully Jan. 5 at Brigham and Women's Hospital, in the comfort of her loving family.

She was born in Mirebalais, Haiti, to the late Benjamin and Getrude (Dubuisson) Marseille. She was raised and educated there and immigrated to the United States in 1997, settling in Quincy. She had lived in Randolph for the past ten years.

Mrs. Morisset was a homemaker who was devoted to her family.

Beloved wife of the late Joseph Nerette Morisset. Devoted mother of Natking-

ews and nieces.

Arrangements were made by Hamel-Lydon Cha-

pel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Funeral from the Sweetney Brothers Home for Funerals, 1 Independence Ave., Quincy, on January 14 at 9 a.m. Visiting hours at the funeral home Sunday, Jan. 13, 2 to 6 p.m.

Interment at Pine Hill Cemetery, Quincy.

## Judith A. Palaza, 67

A funeral Mass for Judith A. (Zambruno) Palaza, age 67, a lifelong Quincy resident, will be celebrated at 10:30 a.m. Saturday in St. Mary's Church, Quincy.

Mrs. Palaza died peacefully Jan. 2 at the Brigham and Women's Hospital in Boston, surrounded by her loving family.

She was born in Quincy to the late John and Angelina (Paolucci) Zambruno. Raised in Quincy, Mrs. Palaza was a graduate of Quincy High School, Class of 1969. She had been employed as a hairdresser and was known as an excellent cook. She enjoyed sharing her cooking skills with her granddaughter, Elena.

Mrs. Palaza was devoted to her family and friends.

Beloved wife for forty-four years of Augustus J. "Gus" Palaza. Devoted mother of Augustus J. "Butch" Palaza, Jr. and his wife Erica of Winchester, Virginia. Loving grandmother of Max and Elena. One of four siblings, she was



JUDITH A. PALAZA

sister of Kevin J. Zambruno of Quincy and pre-deceased by John Zambruno, Jr. and Paul Zambruno. She is also survived by many nieces, nephews and cousins.

Funeral from the Sweetney Brothers Home for Funerals, 1 Independence Ave., Quincy, Saturday at 9:30 a.m. Memorial visiting hours at the funeral home Friday from 4 to 7 p.m.

Private interment.

Memorial donations may be made to the Dana-Farber Cancer Institute, Memorial Contributions, P.O. Box 849168, Boston, MA 02284-9168.

# Quincy Religion Directory

## SERVICES & ACTIVITIES

### Catholic

#### St. Mary's Church

95 Crescent St., Quincy • 617-773-0120  
Masses  
Saturday, 4pm, Sunday 8 & 10:30am  
Tuesday/Thursday 9am  
Handicapped Accessible  
New Members Welcome!

#### ST. AGATHA CHURCH MILTON-QUINCY

432 Adams Street  
Milton, MA 02186 • 617-698-2439  
**Schedule of Masses:**  
Saturday: 8:00AM and 4:30PM  
Sunday: 7:30AM, 9:00AM,  
10:30AM 12NOON and 5:00PM  
Weekday Masses: 7:00 & 9:00AM  
Reconciliation 3:45PM-4:15pm  
on Saturdays, other times  
by appointment  
Handicapped Accessible, handicapped  
parking, elevator to Upper/Lower  
Churches ~ Air-Conditioned

#### St. John The Baptist

ROMAN CATHOLIC CHURCH  
44 School St., Quincy  
617-773-1021

#### Weekend Mass Schedule

Saturday, 4:00 PM  
Sunday, 8:30 AM & 11:00 AM  
Sunday night, 5:00 PM

#### Weekday Masses

Wed., Fri., and Sat. 8:00 AM

#### Confessions

Wed. 8:30 - 9:00 AM  
Sat. 2:30 - 3:30 PM  
Handicapped Accessible

#### Saint Ann's Church

757 Hancock St., Wollaston  
617-479-5400

#### Mass Schedule:

Sat. 4:00 PM / Sun. 9, 11 AM  
Daily Mass:

Wednesday and Friday, 9 AM  
Confessions: Saturday 3-3:30PM  
Handicapped Accessible via Elevator

### Catholic

#### Sacred Heart Church

"A Roman Catholic Community walking together  
in Faith, Worship, Education and Service"  
386 Hancock St., North Quincy, MA 02171  
(617) 328-8666

#### Sunday Masses

4 pm (Saturday)  
7:30 & 10:00 am and 6:00 pm

#### Weekday Masses

Monday - Friday 7 am  
Monday & Saturday 9 am  
Handicapped Accessible

#### Confessions

Sat. 3-3:45pm in Saint Joseph Oratory

#### St. Joseph's Church

550 Washington Street  
Quincy, MA 02169 • 617-472-6321

#### SUNDAY MASSES:

4 p.m. (On Saturday)  
8:30 a.m. and 10:30 a.m.

#### Weekday Masses:

Mon., Tues., & Thurs. 9a.m.

#### CONFESSIONS: Saturday, 2:30-3:30 pm

Handicapped accessible &  
Handicapped parking, side entrance  
Air-conditioned

#### Holy Trinity Parish

Come and Worship!

Most Blessed Sacrament Church

1031 Sea St.

#### WEEKDAY MASSES:

9:00AM Tuesday and Thursday

#### WEEKEND MASSES

4:30 PM Saturday and  
8:30 AM Sunday

#### Our Lady of Good Counsel Church

237 Sea St.

#### WEEKDAY MASSES

9:00AM Monday and Wednesday

#### WEEKEND MASSES

6:00PM Saturday and  
10:30 AM Sunday

#### CONFESSIONS: 3- 4PM Saturday

Rev. Martin Dzengeleski, Pastor  
Phone: 617-479-9200

EMAIL: holytrinityquincy@gmail.com

visit: www.holytrinityquincy.com

### Congregational

#### HOUGH'S NECK CONGREGATIONAL CHURCH

310 Manet Avenue  
617-479-8778  
www.hncong.org

#### Sunday Worship Service at 10 a.m.

Pastor Stephen Vandergrift  
will lead the service and  
preach his sermon  
All are welcome to attend

#### BETHANY CONGREGATIONAL CHURCH

Spear & Coddington Streets  
Quincy Center, 617-479-7300  
www.bethanycongregational.org

#### Sunday Worship Service at 9:30AM

Fellowship following the service  
Church is handicap accessible

#### Quincy Point Congregational Church

United Church of Christ  
444 Washington St.  
(617) 773-6424  
www.quincypointcongregational.org

#### Sunday Worship and Sunday School at 10 am

Elevator Access via Abbey Rd  
Rev. Kimberly Murphy, Pastor  
Rachel Hallenbeck, Minister of Music  
Angelina DeCristofaro, Youth Dir.

### Congregational

#### Wollaston

Congregational Church  
United Church of Christ  
48 Winthrop Avenue  
Quincy, Massachusetts

#### Inclusive Family Worship at 10 a.m.

Elizabeth J. Williams  
Pastor

617-773-7432

www.wollastonucc.org

#### Unitarian Universalist

#### United First Parish Church

A theologically liberal congregation,  
encouraging people to seek their own  
spiritual path. All are welcome.

#### Worship Service & Church School:

Sundays at 10:30 AM

Followed by Fellowship & Refreshments

Rev. Rebecca Froom

1306 Hancock St., Quincy

www.ufpc.org

#### Church of Christ

#### CHURCH OF CHRIST IN MILTON

330 Edge Hill Rd.,

Milton, MA 02186 • 617-274-2409

www.churchofchristinmilton.org

#### Maurice Davis, Minister

#### SUNDAY WORSHIP

8AM, 11AM and 6PM

Sunday Bible Study 9:45AM

Tuesday Bible Study 11:00AM

Wednesday Bible Study 7:00PM

3rd Friday - Couples 7:30PM

4th Friday - Youth 7:30PM

#### To Advertise in this Directory, Call 617-471-3100

### Christian Science

#### First Church of Christ, Scientist

1460 Hancock Street, Quincy  
617-472-7099

Sunday Services  
and Sunday School  
10:30 a.m.

Wednesday Evening  
Meetings - where  
testimonies of healing  
are shared 7:30 p.m.

ALL ARE WELCOME!

### Nazarene

#### Wollaston

Church of the Nazarene

Come Join Us For Sunday Worship!

8:00 AM Worship Service

(Holy Communion & Liturgy)

9:00 & 11:15 AM Weekly Small Groups

10:00 AM Worship Service

Stephen "Stretch" Dean, Lead Pastor

Andrea Sawtelle, Youth Pastor

Ben Krueher, Children's Pastor

Don Reed, Visitation Pastor

37 E. Elm Ave., Wollaston

617.472.5669

email: office@wconaz.org

www.wollastonnazarene.org

### Methodist

#### QUINCY COMMUNITY UNITED METHODIST CHURCH

40 Beale St., Wollaston

617-773-3319

10:30 AM Sunday Worship

Rev. Rebecca E. Baumann

### Salvationist

#### THE SALVATION ARMY

6 Baxter St., Quincy • 617-472-2345

9:45AM CHRISTIAN EDUCATION

11AM WORSHIP SERVICE

BRASS BAND MUSIC

NOON THURS. WOMEN'S FELLOWSHIP

6:30PM WEDS. BIBLE STUDY

### Non-Denominational

#### LIGHTHOUSE FELLOWSHIP

65 Newbury Ave., N. Quincy

Worship & Children's

Church 10AM

Pastor Mike Fehan

617-847-4444

Mid-week studies & youth group

mifehan@gmail.com



## OBITUARIES

## Lawrence M. Flavin, 80

A funeral Mass for Lawrence M. "Larry" Flavin, age 80, of Quincy was celebrated Monday in St. Agatha Church, Milton.

Mr. Flavin died peacefully Dec. 30 at South Shore Hospital, in the comfort of his loving family.

He was born in Boston to the late Edward M. and Alice H. (Fleury) Flavin. He was a lifelong Quincy resident and proud to have been raised in Quincy's Houghs Neck area. He was a graduate of Quincy High School, Class of 1956, and Boston College, Class of 1960.

Mr. Flavin was a retired sales representative in the food service industry for many years. He had worked for the A.J. Cunningham Company of Quincy and Chelsea and also for the Swift & Company in Boston.

Beloved husband for fifty years of Mary M. (Cummings) Flavin. Devoted father of Laura J. McGrath and her husband Paul of West Bridgewater, Jessica M. Riley and her husband Timothy of Braintree, Maureen M. Flavin and Richard Fraser of Dorchester. Loving grandfather of Caitlin and Ryan McGrath, Paul, Shannon, Ann, Mary and



LAWRENCE M. FLAVIN

Lauren Riley. Dear brother of Edward P. Flavin and his wife Roseann and John P. Flavin all of Quincy. He is also survived by many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452.

The Flavin family would like to thank the dedicated staffs at both the South Shore Hospital and the John Scott Nursing House Rehabilitation and Nursing Center for the excellent care and compassion that was provided to Mr. Flavin.

## Louise L. Tantillo, 80

A funeral Mass for Louise L. (Marrazzo) Tantillo, age 80, of Brockton, formerly of Quincy, was celebrated Jan. 5 in St. John the Baptist Church, Quincy.

Mrs. Tantillo died peacefully Dec. 31 at the Good Samaritan Medical Center, surrounded by her loving family.

She was born in Boston to the late Francis X. "Frank" and Mary M. (Infascelli) Marrazzo. She was raised in Quincy and was a graduate of Quincy High School, Class of 1956. Mrs. Tantillo had lived in Brockton for fifty-six years, previously in Quincy.

She was the office manager for the Denise Buote Dance Studio in Brockton for thirty-nine years. Mrs. Tantillo had also worked as a secretary for the former Hurley Insurance Company in Quincy and for the Archdiocese of Boston.

Most of all, Mrs. Tantillo was devoted to her family and especially to her cherished grandchildren, supporting all their many activities and accomplishments.

Beloved wife for fifty-nine years of James M. Tantillo. Devoted mother of Larry J. Tantillo and his



LOUISE L. TANTILLO

wife Jennifer of Taunton, Paul J. Tantillo and his wife Alicia of Brockton. Loving grandmother of triplets, Francis, Nicholas and Joseph Tantillo, Lauren Harrington and her husband John and Mia Rose Tantillo. Dear sister of Ida Mutchler and her husband Robert of West Bridgewater, the late Carmel Poisson and her husband Dan of Maine. She is also survived by many nieces and nephews.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the charity of your choice.

## Marcella M. Milford, 94

A funeral service for Marcella M. (Rusconi) Milford, age 94, of Quincy was held Jan. 3, her 95th birthday, in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Mrs. Milford died at home surrounded by her loving family on Dec. 28 after a battle with dementia.

A lifelong Quincy resident, she was a former assistant treasurer for the city of



MARCELLA M. MILFORD

Quincy. In the past 3 years, she was cared for at home by her daughter Janice.

The beloved wife of the late Ambrose F. "Chick" Milford Jr., Mrs. Milford was the loving mother of Wayne F. Milford and his wife Denise of Quincy, Janice M. Milford of Quincy, Ambrose F. "Chick" Milford III and his wife Cindy of So. Boston and Diane Samarelli Rucker and her husband Randy of Quincy; dear Noni of Ashley (Milford) Agostinelli and her husband John of Sherborn and the late Wayne Ambrose Milford; and will soon be also survived by a great-grandson.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Wayne Ambrose Milford Memorial Fund, c/o Medicine Wheel, 110 K St., So. Boston, MA 02127

## Margaret Walsh, 56

Visiting hours for Margaret "Mags" (Moran) Walsh, 56, of Braintree, formerly of Quincy, were held from 4 to 8 p.m. Wednesday in the Tirrell Room, Quincy.

Mrs. Walsh died Dec. 30 after a courageous 20-year battle with cancer.

Loving mother of Anthony and his wife Vivienne Walsh of Weymouth. Wife of the late Kevin Walsh. Devoted daughter of Mary Moran of Ireland and the late Thomas Moran. Beloved sister of Martin Moran and his wife Mary, David Moran and his wife Barbara, Tommy Moran and his wife Anne all of Ireland. She also leaves behind many nieces, nephews, extended family and friends, including her extremely close sister-in-law and brother-in-law Christine and Joseph Casserly of Milton.

Born and raised in Galway, Ireland, Mrs. Walsh moved to the U.S. in 1985 to start her family and build her career. She worked for Boston Scientific for many



MARGARET WALSH

years as the account and material management coordinator. She will be remembered as a strong, brave, intelligent and loving woman who will remain in our hearts forever.

Mrs. Walsh will be interred at a later date in Ireland with her family.

Funeral arrangements were made by the Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Memorial donations may be made to The Breast Cancer Research Foundation, 28 West 44th St., Suite 609, New York, NY 10036.

## James F. O'Brien, 79

A funeral Mass for James F. O'Brien, age 79, of Quincy was celebrated Jan. 5 at Holy Trinity Parish, Our Lady of Good Counsel Church, Quincy.

Mr. O'Brien died Dec. 28 surrounded by his loving family.

He was the eldest son of the late John T. and Norene (O'Neil) O'Brien. Born in Boston, where he was raised and educated, he also served in the U.S. Army. Mr. O'Brien worked in the electrical supply industry for fifty years, starting as a truck driver and working his way up to manager of sales for ESSCO, which became Branch Electric, and then NorthEast Electrical Distributors, where he finished his distinguished career.

He was a longtime member of the Quincy Yacht Club and their gourmet cooking club with his many good friends. Mr. O'Brien was a proud member of the "Over the Hill Club" with whom he enjoyed many motorcycle riding adventures both here and abroad. He was an avid sports fan and enjoyed spending his time with his family and friends, especially entertaining them at backyard gatherings by the pool.

Mr. O'Brien was the beloved husband of Katherine M. (Kelley) O'Brien, to whom he was married for 58 years. He was the loving fa-



JAMES F. O'BRIEN

ther of James F. O'Brien Jr. and his wife Linda of Millis, Christine M. Canavan and her husband Thomas of Braintree, Michael W. O'Brien and his wife Lisa of Weymouth and Katherine N. O'Brien of Kingston; devoted grandfather of Thomas, James, Mary, Kelsey, Sophia and Patrick; dear brother of the late Ann Marie Fortune and the late John T. O'Brien; brother-in-law of Stephen Fortune and Rita O'Brien; and is also survived by many nieces and nephews.

Private interment.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Memorial donations may be made to St. Jude Children's Research Hospital, P.O. Box 1893, Memphis, TN 38101-9950, stjude.org or the American Heart Association, 300 5th Ave., Suite 6, Waltham, MA 02451, heart.org.

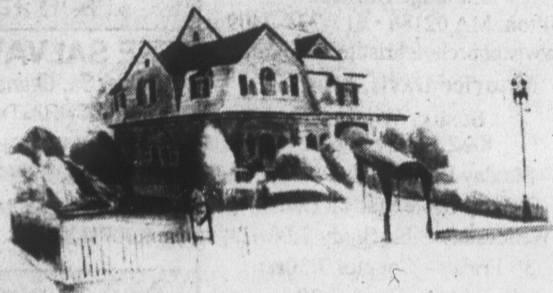
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Directors:

Christopher P. Goulet Sr.

Michelle A. Lydon

650 Hancock Street Quincy, MA 02170  
(617)472-5888 • www.HamelLydon.com

More obituaries online at:  
thequincysun.com

JAN

10

2019



## Paul J. Ricca, 92

A funeral Mass for Paul J. Ricca, age 92, of Hingham, formerly of Quincy, will be celebrated at 10 a.m. Friday in St. John the Baptist Church, Quincy.

Mr. Ricca died peacefully Jan. 4 in the comfort of his loving family.

He was born in Quincy to the late Paul F. and Mary (Purpura) Ricca. Mr. Ricca was raised in Quincy and was a graduate of the former Sacred Heart High School in Weymouth. He had lived in Hingham for ten years and previously all of his life in Quincy.

He was the former senior director of the C.E.T.A. Program in Quincy and South Coastal area for twenty-one years, retiring in 1993. Previously, Mr. Ricca was an electronic engineer for various companies including the Raytheon Corporation, M.I.T. and Avco. After retirement, Mr. Ricca helped co-found the Quincy Retiree's Association and served as vice-president for eight years. As a young man, he had worked for the Bethlehem Steel Company at the former Fore River Shipyard in Quincy as an apprentice electrician.

Mr. Ricca was a proud U.S. Navy veteran of World War II and the Korean War. During World War II, he served on the USS LSM 303, a landing ship medium. Recalled to active duty for the Korean War, he was a fire controlman 3/c aboard a destroyer, the USS Smalley, DD 565. He received the Asiatic-Pacific Theatre Medal and the WWII Victory Medal.

Mr. Ricca was a longtime active parishioner and volunteer at St. John the Baptist Parish in Quincy. He enjoyed music and played the trumpet. While serving in the U.S. Navy, he played in the U.S. Navy band in Hawaii. Later, he and his brothers, John and Joseph, formed the "Riccatones" and played at many local venues throughout the greater Boston area.

## Edward Broderick, 65

Visiting hours for Edward "Ted" Broderick, 65, of Quincy, loyal friend, loving brother and uncle and "golfer extraordinaire," will be held from 2 to 4 p.m. Saturday in Dolan Funeral Home, East Milton.

Mr. Broderick died unexpectedly on Dec. 16.

Born in Quincy on Feb. 22, 1953, to Ed and Helen (Shortle) Broderick, he was raised in Milton and lived there most of his life. He attended Milton High School, New Prep and Boston College. Mr. Broderick was self-employed as a real estate appraiser.

He is survived by his



PAUL J. RICCA

He enjoyed cooking and was well known for his Italian dishes and family dinners. Mr. Ricca was devoted to his family, especially his grandchildren and great grandchildren.

Beloved husband for sixty-seven years of Marion M. (Russo) Ricca. Devoted father of Janice P. Uvanitte and her husband Daniel of Bridgewater, Susan K. Gustin and her husband William of Abington, Donna M. Resten and her husband Paul of Mashpee, Marianne Ricca of Quincy, Paula J. Chambers and her husband Dana of Abington and Michael P. Ricca of South Boston.

Loving grandfather of Eric Smith, Jason Uvanitte, Tara Kosak, Matthew Gustin, Amanda, Joseph and Jeffrey Resten and Emily Chambers. Cherished great grandfather of Paige and Lucille. Dear brother of John J. Ricca of Braintree and pre-deceased by Sister Mara, SSJ, Sister Paola, SSJ, Angelo W. Ricca and Joseph W. Ricca. He is also survived by many nieces and nephews.

Funeral from the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday at 9 a.m. Visiting hours at the funeral home on Thursday from 4 to 7 p.m.

Interment with Military Honors at Blue Hill Cemetery in Braintree.

Memorial donations may be made to the New England Center and Home for Veterans, 17 Court St., Boston, MA 02108.

sister Lisa McCabe (Don), nephew Ryan McCabe and great nephew Bradley McCabe all from Norwich, Vermont, nephew Colin McCabe (Ashley) and great nephews Finn and Damian from Bethesda, Maryland, aunt Mary Edmonds from Cohasset and several cousins.

A reception for friends and family will be held at 5 p.m. Saturday in the Common Market, Quincy.

Private interment at Mount Wollaston Cemetery, Quincy, in the spring.

Memorial donations may be made to the charity of your choice.

## Ann M. Mellor, 70

A funeral Mass for Ann M. (McCallum) Mellor, age 70, a longtime Quincy resident, was celebrated Wednesday in St. John the Baptist Church, Quincy.

Mrs. Mellor died peacefully Jan. 2 in the comfort of her home, surrounded by her loving family.

She was born in Boston to the late Wilbur and Dorothy (Duffy) McCallum. She was raised in Dorchester and was a graduate of South Boston High School, Class of 1966. She had lived in Quincy for the past fifty years.

Mrs. Mellor was employed with State Street Bank & Trust Company for over twenty-five years and had been retired for many years.

Her passion was her family. Mrs. Mellor enjoyed supporting the many activities and accomplishments of her children and grandchildren.

Beloved wife for fifty-one years of Thomas J. Mellor. Devoted mother of Thomas J. Mellor, Jr. of Weymouth, Kevin Mellor and his wife Susan of Quincy, and Shannon Menslage and her husband Michael of Londonderry, NH. Loving grandmother of Kayla and Kaitlyn Mellor; Billy, Shelby, and Matthew Chaisson; Michael and Dylan Menslage.

Dear sister of James McCallum and his wife Linda of Weymouth, William McCallum and his wife Cathie of Quincy, Joseph McCal-



ANN M. MELLOR

lum and his wife Laurie of North Port, Fla., Diane McNealy and her husband Michael of Derry, NH, and the late Mary Mooers and her husband Peter of Milford.

Sister-in-law of Barbara Colarossi and her late husband Bob of Norwood, Maureen Mellor of Quincy, Kathy Mellor of Seattle, Washington, Stephen Mellor of Quincy, Veronica Harrington and her husband George of Easton, the late Eileen Perry and her husband Fred of Woburn, and the late George Mellor and his late wife Jane.

She is also survived by many nieces and nephews, as well as her loyal companion, Brady.

Interment private.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the New England Center and Home for Veterans, Advancement Office, 17 Court St., P.O. Box 845257, Boston, MA 02284-5257 or nechv.org.

## Richard J. Babineau, Sr., 76

A funeral Mass for Richard J. Babineau, Sr., age 76, of Quincy, was celebrated Tuesday in Holy Trinity Parish at the Most Blessed Sacrament Church, Quincy.

Mr. Babineau died peacefully Jan. 2 at the Beth Israel Deaconess Medical Center, surrounded by his loving family.

He was born in Boston to the late Alyre and Mildred (Turner) Babineau. He was raised in Boston's South End and was a graduate of Boston Latin High School. He had lived in Quincy for fifty-four years.

Mr. Babineau was employed as project manager of Special Services for ABM Industries, a maintenance service company in Somerville with which he had a combined twenty-nine years of service.

Previously, Mr. Babineau had been in the food service industry as the owner and operator of several local pizzerias, including the former Richard's Deli in Quincy.

He enjoyed music and dancing, particularly the jitterbug. Most of all, he was dedicated to his family, especially to his late wife Di-

ane and their children.

Beloved and caring husband of the late Diane M. (Salaris) Babineau. Devoted father of Michele M. Driscoll and her husband John of Quincy, Richard J. Babineau, Jr. and his husband Cole Yodogawa of New York City, New York. He was the last of six siblings and is survived by many nieces and nephews.

Loving brother-in-law of Patricia Salaris of Colchester, CT, Denise Smith of Godfrey, IL, Frank Salaris and his wife Emma Horn of Singer Island, FL, Steven Salaris of Holbrook, Andrea Kenney and her husband Michael of Merrimack and Michael Salaris of Brockton. Godfather of Kayla Hamilton of Quincy.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to Multiple Sclerosis Society of Greater Boston, 101A First Ave., Waltham, MA 02451.

## John J. Donovan, Jr., 84

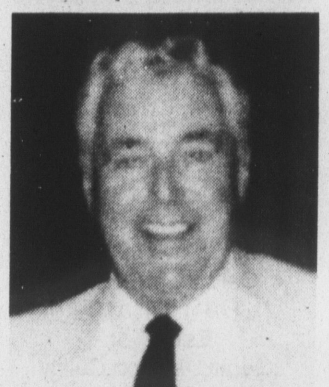
Funeral services for John J. "Jack" Donovan, Jr., Major, Army National Guard of Massachusetts, Retired, age 84, of Rockland, formerly of Quincy, were held Jan. 4 in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mr. Donovan died peacefully Dec. 30 at South Shore Hospital, surrounded by his loving family. He had courageously battled cancer for over three years.

He was born in Dorchester to the late John J. and Catherine V. (Lehane) Donovan. Mr. Donovan was raised in Dorchester and South Boston and graduated from Quincy High School, Class of 1953. He lived in Rockland for ten years, previously living in Quincy for over forty years. He and his wife were longtime winter residents in Aruba and Lauderdale by the Sea in Florida and cherished their many friendships there.

Mr. Donovan graduated from the Massachusetts Military Academy in 1958. In 1965, he began his service as a first lieutenant in the Army National Guard of Massachusetts. He served as a former commanding officer as well as in various staff positions with the 109th Signal Battalion at the Quincy Armory. He retired as a major in 1994 with twenty-eight years of service.

He was a member of Teamsters Local #1 Boston Mailers Union for sixty years and worked at the Boston Globe and Boston Herald. Mr. Donovan was a member of the Cyril P. Morrisette American Legion Post #294 in Quincy and the



JOHN J. DONOVAN, JR.

Quincy Lodge of Elks. He was also a baseball coach with Quincy Little League for many years.

He was proud of his Irish heritage. He enjoyed attending the annual St. Patrick's Day Breakfast in South Boston with his lifelong friend, George Wong. Mr. Donovan was devoted to his family and was known as a warm, friendly, and outgoing gentleman.

Beloved husband for fifty-nine years of Janet M. (Sullivan) Donovan. Devoted father of John K. "Jack" Donovan and his fiancée Joni Carroll of Whitman, Brian D. Donovan of Quincy. Loving brother of James Donovan, Richard Donovan, both of Braintree, and the late Janet Volpe. He is also survived by many nieces and nephews.

Interment, with military honors, at Blue Hill Cemetery in Braintree.

The Donovan family would like to acknowledge Marianne and the staff at the Dana-Farber Cancer Center in Weymouth for their compassionate care.

Memorial donations may be made to the Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675-8517.

## Rosanne V. Ready, 72

Funeral services for Rosanne V. Ready, 72, of Quincy were private.

Mrs. Ready died Jan. 1 after a short illness. She was surrounded by her family.

Devoted wife of 43 years of Donald P. Ready of Quincy. Loving mother of John Zachary Ready and his wife Courtney of Quincy and Lauren Campanale and her husband Michael of Dorchester. Cherished Gammy of Frankie Campanale, Jack Ready and Anthony Campanale. Beloved sister of Naomi Powers and her husband Tom of Quincy. Aunt and godmother of Rachael Kelleher of Bridgewater. Sister-in-law of Jean Moore of Centerville and the late Jack K. Ready, vice admiral, U.S. Navy (ret.). Also survived by extended family and many dear friends.

Mrs. Ready worked as a licensed practical nurse at Beth Israel in the newborn nursery for 20 years and later as a paraprofessional for 20 years in the Quincy Public Schools system at Snug



ROSANNE V. READY

Harbor, Point Webster and Broad Meadows. Former member of Squantum Yacht Club where she served as junior chair and volunteered for many years.

She enjoyed traveling throughout her life. Her happiest times were those spent with her family.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Memorial donations may be made to the Franklin Park Zoo by making a check out to Zoo New England and mailed to 1 Franklin Park Rd., Boston, MA 02121.



## LEGAL NOTICE

INFORMAL PROBATE  
PUBLICATION NOTICE  
Docket No. NO18P3346EA

Commonwealth of  
Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

Estate of:  
Gerard Joseph Cullity  
Also Known As:  
Gerard J. Cullity  
Date of Death:  
October 30, 2018

To all persons interested in  
the above captioned estate,  
by Petition of:

Petitioner **Geraldine  
Burns of West Roxbury,  
MA.**

a Will has been admitted  
to informal probate.

**Geraldine Burns of West  
Roxbury, MA** has been in-  
formally appointed as the  
Personal Representative of  
the estate to serve without  
surety on the bond.

The estate is being ad-  
ministered under informal  
procedure by the Personal  
Representative under the  
Massachusetts Uniform Pro-  
bate Code without super-  
vision by the Court. Inven-  
tory and accounts are not  
required to be filed with the  
Court, but interested parties  
are entitled to notice regard-  
ing the administration from  
the Personal Representative  
and can petition the Court  
in any matter relating to the  
estate, including distribution  
of assets and expenses of  
administration. Interested  
parties are entitled to petition  
the Court to institute formal  
proceedings and to obtain  
orders terminating or restrict-  
ing the powers of Personal  
Representatives appointed  
under informal procedure. A  
copy of the Petition and Will,  
if any, can be obtained from  
the Petitioner.

1/10/19

## LEGAL NOTICE

INFORMAL PROBATE  
PUBLICATION NOTICE  
Docket No. NO18P3323EA

Commonwealth of  
Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

Estate of:  
Mary Cherub  
Date of Death:  
October 23, 2018

To all persons interested in  
the above captioned estate,  
by Petition of:

Petitioner **Paul Donahue  
of Bridgewater, MA.**

a Will has been admitted  
to informal probate.

**Paul Donahue of Bridge-  
water, MA** has been in-  
formally appointed as the Per-  
sonal Representative of the  
estate to serve without surety  
on the bond.

The estate is being ad-  
ministered under informal  
procedure by the Personal  
Representative under the  
Massachusetts Uniform Pro-  
bate Code without super-  
vision by the Court. Inven-  
tory and accounts are not  
required to be filed with the  
Court, but interested parties  
are entitled to notice regard-  
ing the administration from  
the Personal Representative  
and can petition the Court  
in any matter relating to the  
estate, including distribution  
of assets and expenses of  
administration. Interested  
parties are entitled to petition  
the Court to institute formal  
proceedings and to obtain  
orders terminating or restrict-  
ing the powers of Personal  
Representatives appointed  
under informal procedure. A  
copy of the Petition and Will,  
if any, can be obtained from  
the Petitioner.

1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-85

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Marcus Sclafani for a Finding to re-construct new 2.5 story single family dwelling on existing non-conforming side yard setback in violation of Title 17 as amended Chapter 3.4.5 (non-conforming structure) on the premises numbered 511 ADAMS STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-86

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Ying Investments, LLC for a Finding to convert the existing 3-family to a mixed use building with 2 residential units and commercial space in violation of Title 17 as amended Chapter 3.4.2 (nonconforming use) on the premises numbered 549-551 WASHINGTON STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-87

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Molly Wilkinson for a Variance/ Finding to change interior only of detached 2-car garage for sound proof music practice space in violation of Title 17 as amended Chapter 3.4.2 (nonconforming uses) on the premises numbered 15 PEQUOT STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-88

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Mikhail Kronik for a Variance to remove curb for driveway and add permeable pavers for driveway in violation of Title 17 as amended Chapter 5.1 (off street parking) on the premises numbered 191 PALMER STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## OBITUARIES

## Marie F. Barry



MARIE F. BARRY

Pie to 17 grandchildren and  
1 great-grandchild; cher-  
ished sister of Sheila Lotti  
of Easton, Edward Keohane  
of Quincy, Kathleen Noel of

A funeral Mass for Marie  
F. (Keohane) Barry of Ware-  
ham, formerly of Quincy,  
was celebrated Tuesday in  
Sacred Heart Church, Quin-  
cy.

Mrs. Barry died Jan. 3.  
Beloved wife of Francis  
X. Barry of Wareham, she  
was the loving mother of  
Peter Barry of Plymouth,  
Thomas Barry of Quincy,  
Peggy Millham of Sand-  
wich, Fran Barry, Dan Bar-  
ry, Vincent Barry and Susan  
Beaucage, all of Braintree;  
devoted grandmother affec-  
tionately known as Sweetie-

North Wood, Maine, Paul  
Keohane and the late Rob-  
ert Keohane and Betty Mc-  
Gowan. Also survived by  
many nieces and nephews.

Mrs. Barry was a devout  
Catholic and an active mem-  
ber of Sacred Heart Church  
in Quincy. She was on the  
parish council, a Eucharistic  
minister and director of the  
CCD program for over 10  
years. She was a volunteer  
at St. Patrick's food pantry  
and enjoyed knitting prayer  
shawls for cancer patients.

Her main passion in life  
was spending time with her

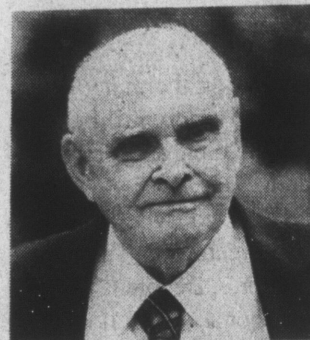
family. Mrs. Barry will be  
sadly missed by all those  
who had the pleasure of  
knowing her.

Interment at Massachu-  
setts National Cemetery,  
Bourne.

Funeral arrangements  
were made by Keohane Fu-  
neral Home, 785 Hancock  
St., Quincy.

Memorial donations may  
be made to St. Jude Chil-  
dren's Research Hospital,  
501 St. Jude Place, Mem-  
phis, TN 38105.

## Robert T. Foye, 89



ROBERT T. FOYE, 89

Private family service  
for Robert Thomas Foye,  
89, residing in Sandusky,  
OH, formerly of Quincy and  
Watertown, will be held at a  
later date.

Mr. Foye died Jan. 2 at  
the Ohio Veterans Home.  
He was born June 5, 1929  
in Quincy to the late Robert  
C. and Mabel G. (Kappler)  
Foye. He served honorably  
as a sergeant in the United  
States Army from 1951 to  
1953.

An avid follower of all  
forms of transportation,  
Mr. Foye was a member of  
the New England Bus His-  
tory Association. Taking  
photos of buses and keep-  
ing records of bus numbers  
was one of his hobbies. He  
worked for many years in  
purchasing and procure-  
ment. He enjoyed research-  
ing anything that interested

him and would dive deep  
into those subjects. His  
knowledge on a large num-  
ber of varied topics made  
him a great conversational-  
ist.

Mr. Foye is survived  
by his children, David R.  
Foye of Salem, NH, Susan  
L. Bischof of Coulterville,  
CA, Margery E. Yetman of  
Woodinville, WA, Elizabeth  
A. Miller of Litchfield, NH  
and John R. Foye of Bed-  
ford; 6 grandchildren; 2

great-grandchildren; sister,  
Margery A. LeTourneau of  
Springfield, VA; 2 nephews  
and other relatives.

Interment at Blue Hill

Cemetery in Braintree.

Groff Funeral Homes  
& Crematory of Sandusky,  
OH, is assisting the family  
with arrangements.

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-84

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Jon Bertoni for a Special Permit/ Flood Plain/Finding to replace the existing 2.5 story single family home and construct a new 2.5 story single family home with accessible entrance on the right hand side in violation of Title 17 as amended Chapter 3.4.5 (nonconforming single and two family structures) and Chapter 8.0 (special permit flood plain) on the premises numbered 51 PAWSEY STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-89

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Denise Murphy for a Variance to add accessory, senior living space onto single family home in violation of Title 17 as amended Appendix A (table of use regulations) on the premises numbered 11 ELMWOOD PARK, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

## NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING  
City of Quincy  
ZONING BOARD OF APPEALS

CASE NO. Z18-90

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 22, 2019 at 7:15 PM** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of 365 Newport Avenue, LLC for a Variance to construct a 3-story residential building over one level of underground and one level of above ground parking for 18 vehicles in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 365 NEWPORT AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/3/19, 1/10/19

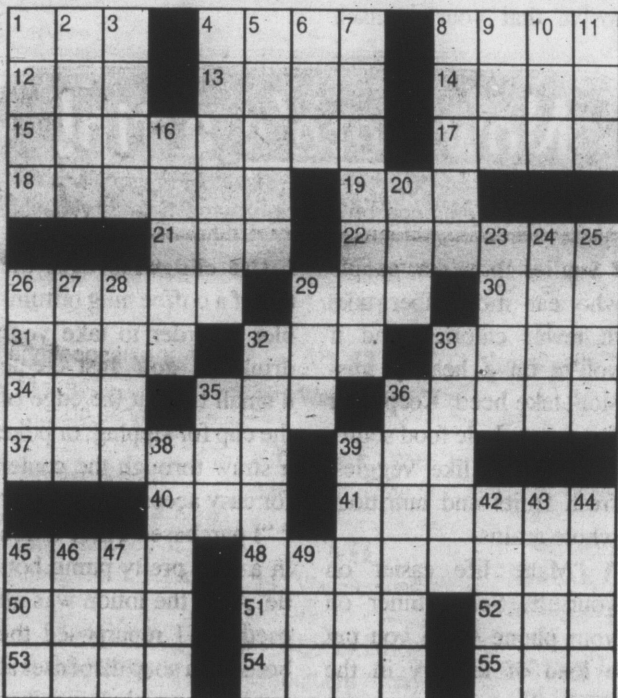
J  
A  
N1  
02  
0  
1  
9



# SUN FUN PAGE

## King Crossword

- ACROSS**
- 1 Ref  
4 Present  
8 Jeans-maker Strauss  
12 Seek damages  
13 Dunkable treat  
14 Mosque big-wig  
15 Jogged onto-gged  
17 Baby feeding finale  
18 Standing  
19 Parched  
21 Started  
22 Let slip  
26 Reservation residence  
29 Marry  
30 Part of "to be"  
31 Unoriginal one  
32 Pickle contain-er  
33 Thick chunk  
34 Grant oppo-nent  
35 Plague  
36 Coffin  
37 Duration
- 39 Bill's partner  
40 Scooted  
41 Turmoil  
45 Gujarat gar-ment  
48 Vigor  
50 Help hoods  
51 Unctuous  
52 "Holy cow!"  
53 Uppercase  
54 Untouchable  
Eliot  
55 Agent
- DOWN**
- 1 Cold War ini-tials  
2 Silent  
3 Culprit, for short  
4 Small beard  
5 Annoyed  
6 Retainer  
7 Little kid  
8 Tripoli's land  
9 Aussie bird  
10 Alt. spelling  
11 Mischievous tyke  
16 Swiss mathe-matician  
20 Scarlet  
23 Hardy cab-bage  
24 Historic times  
25 "Pay later" aftermath  
26 Lofty  
27 Duel tool  
28 Hammerhead part  
29 Grow bigger  
32 Lincoln suc-cessor  
33 Rid of wool  
35 Sch. org.  
36 Rabbits  
38 Southern side dish  
39 Ringlets  
42 Early birds?  
43 Flight compo-nent  
44 Yon folks  
45 Pouch  
46 Counselors' grp.  
47 Agt.  
49 Dead heat



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## MAGIC MAZE • "DOR" WORDS

U J H E B Y V T R Q O L I G D  
B Y W T R P L R O D N A C M K  
I F D B Y W A U D S Q M R H O  
M R K I F R B D A B Z B O U R  
X R O D O W R U U S Q A D M O  
O R O D A T A M C N L S A I D  
J H N D R O D N E L P S E D I  
F E D O N A O C A Y W A R O P  
V V D T C O R R E G I D O R S  
S U Q P N L C K I H F O T E U  
T C B Z Y W V R O D I R R O C

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

|            |            |          |          |
|------------|------------|----------|----------|
| Ambassador | Corregidor | Labrador | Toreador |
| Arduo      | Corridor   | Matador  | Tudor    |
| Candor     | Cuspidor   | Odor     | Vendor   |
| Condor     | Ecuador    | Splendor |          |

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

## Trivia test

by Fifi Rodriguez

- LITERATURE:** Which 20th-century novel begins with the line, "All of this happened, more or less"?
- GENERAL KNOWLEDGE:** What are the two flowers traditionally associated with the month of December?
- FOOD & DRINK:** What is cardamom?
- GEOGRAPHY:** In which country is Mount Kilimanjaro located?
- U.S. STATES:** Which state's slogan is the "Land of 10,000 Lakes"?
- TELEVISION:** What was Archie Bunker's nickname for his wife Edith in "All in the Family"?
- CHEMISTRY:** What is the lightest element?

- U.S. PRESIDENTS:** What was the Secret Service code name for President Jimmy Carter?
- MUSIC:** Which 1980s movie features the song "The Power of Love"?
- LANGUAGE:** What does the name "Volvo" mean in Latin?

Answers

- "Slaughterhouse-Five," by Kurt Vonnegut
- Narcissus (paperwhite) and holly
- A spice
- Tanzania
- Minnesota
- "Dingbat"
- Hydrogen
- "Deacon"
- "Back to the Future"
- "I roll"

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## Wishing Well®

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | 7 | 3 | 6 | 4 | 7 | 8 | 2 | 8 | 6 | 2 | 8 | 5 |
| S | E | F | E | S | X | S | P | T | X | E | A | M |
| 6 | 4 | 6 | 2 | 5 | 7 | 3 | 6 | 2 | 8 | 6 | 2 | 7 |
| P | P | L | N | E | P | R | O | D | R | R | W | L |
| 6 | 3 | 4 | 6 | 7 | 3 | 8 | 3 | 5 | 6 | 5 | 2 | 5 |
| E | E | E | A | O | S | T | H | N | L | T | I | A |
| 7 | 6 | 8 | 5 | 6 | 4 | 6 | 5 | 4 | 6 | 5 | 7 | 3 |
| R | L | A | L | O | C | P | I | I | T | N | E | I |
| 6 | 8 | 6 | 5 | 6 | 3 | 5 | 2 | 5 | 4 | 7 | 5 | 6 |
| I | N | O | S | N | D | P | S | I | A | N | R | S |
| 8 | 5 | 4 | 5 | 7 | 4 | 3 | 8 | 2 | 7 | 2 | 4 | 5 |
| E | A | L | T | E | E | E | W | E | W | L | V | I |
| 3 | 7 | 3 | 5 | 2 | 4 | 7 | 5 | 4 | 7 | 4 | 7 | 7 |
| A | I | S | O | Y | E | D | N | N | E | T | A | S |

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

**TAURUS** (April 20 to May 20) Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

**GEMINI** (May 21 to June 20) You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

**CANCER** (June 21 to July 22) Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

**LEO** (July 23 to August 22) This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

**VIRGO** (August 23 to September 22) You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.

**LIBRA** (September 23 to October 22) Although you can weigh all factors of a dispute to find an agreeable solution for others, you

might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

**SCORPIO** (October 23 to November 21) The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

**SAGITTARIUS** (November 22 to December 21) This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

**CAPRICORN** (December 22 to January 19) Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

**AQUARIUS** (January 20 to February 18) Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.

**PISCES** (February 19 to March 20) Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

**BORN THIS WEEK:** Your capacity for care and compassion helps to bring comfort to others.

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## CryptoQuip

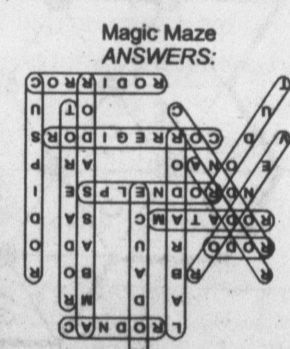
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals T

SWQB SEJXI FEJ GQXX Q WHDW-  
GQXEYHK, MJDQYF RKOKYQDK  
ENBKU MKYOKI QB VQYBHKM?  
NYJHB VQJUGW.

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## King Crossword — Answers



## CryptoQuip

What would you call a high-calorie, sugary beverage often served at parties? Fruit punch.



# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** — Steve Carell became a star because of the TV series "The Office" (2005-2013) and film hits like "The 40-Year-Old Virgin" (2005), "Evan Almighty" (2008) and "Crazy, Stupid, Love" (2011), among others, switching from comedy to drama at will. In 2018, he gave us the dramas "Beautiful Boy," "Welcome to Marwen" and the biographical comedy/drama "Vice," in which he's Donald Rumsfeld to Christian Bale's Vice President Dick Cheney. Carell is returning to series TV in Apple's "Top of the Morning" (a look at the making of a morning show), starring alongside Reese Witherspoon and Jennifer Aniston. Isn't "Murphy Brown" doing that already?

Die-hard "X-Men" fans can prepare for the 12th installment of the franchise, "X-Men: Dark Phoenix," which finished shooting in October 2017 to begin a year of post-production. However, the November 2018 opening was pushed back to June 7, 2019, due to extensive reshooting that was required. Michael Fassbender kept busy shooting "Kung Fury II" (based on the video game), with Arnold Schwarzenegger and David Hasselhoff, for release this year, while James McAvoy shot the superhero thriller "Glass," with Bruce Willis, Samuel L. Jackson and Sarah Paulson, and "It: Chapter Two," due Sept. 19. Jennifer Lawrence took some well-deserved time off, while Nicholas Hoult shot two films, the Australian Western "The True History of the Kelly Gang," with Russell Crowe, and "The Banker,"

with Samuel L. Jackson and Anthony Mackie.

Another busy actor is Sylvester Stallone, who just rode the crest of "Creed II" to over \$150 million at the box office and completed "Backtrace," with Matthew Modine and Colin Egglesfield. Stallone has finished filming "Rambo V: Last Blood" for release this year. For fun he produced the low-budget film "Street Justice," written, directed and starring Chuck Zito, with Pamela Anderson, Frank Grillo, Michael Nouri ("Flashdance") and a host of the best character actors you'll see anywhere.

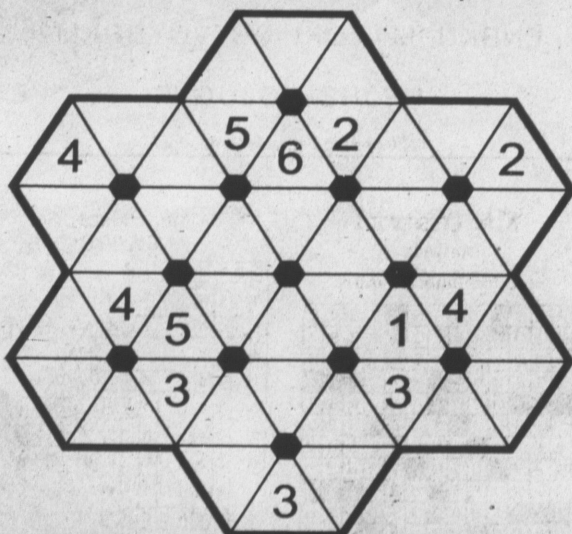
Thad Luckinbill played J.T. Hellstrom on "The Young and the Restless" from 1999-2010 and returned in 2017. He has an identical twin, Trent (12 minutes younger), who is a lawyer and his producing partner. Thad married his "Y&R" co-star Amelia Heinle in 2007; they had a son and a daughter together, but divorced in 2017. Thad and his brother have produced nine films, including "Sicario" (2015), which earned \$85 million, and were executive producers of "La La Land" (2016), which turned a \$30 million investment into \$450 million, and "Sicario: Day of the Solado" (2018), with Benicio Del Toro and Josh Brolin, which earned \$76 million. On April 13, 2018, the handsome Thad's character on "Y&R" was terminated when he was hit on the back of the head with a fireplace poker. ... Thad went out with a thud!

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

|    |   |    |   |    |    |
|----|---|----|---|----|----|
|    | + |    | x |    | 30 |
| ÷  |   | x  |   | x  |    |
|    | x |    | + |    | 10 |
| +  |   | ÷  |   | +  |    |
|    | - |    | x |    | 15 |
| 14 |   | 14 |   | 13 |    |

DIFFICULTY: ◆◆◆

◆ Moderate ◆◆ Difficult ◆◆◆ GO FIGURE!

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## KOVELS Antiques & Collecting

By Terry and Kim Kovel

**Advertising Signs** — Advertising signs are popular collectibles at antiques shows, but some are sold as art at galleries or auctions. Travel posters, French art deco wine ads, art nouveau ads by Alfred Mucha, magazine covers by Rockwell Kent, pictures from calendars by Maxfield Parrish and many other commercial prints are valuable. Also high-priced are ads that might seem worthless, but are decorative or conversation pieces.

Wm Morford Auctions had a successful advertising sale that included a life-size cutout of a woman with bobbed hair, a straight dress and low-heeled shoes called "Mary Janes." The sign was promoting light bulbs in a box labeled "Edison Mazda lamps." The clothes, size and brand name, plus its almost-perfect condition, made this store display desirable and dated as circa 1920s. The sign sold for \$775.

General Electric registered the Mazda name in 1909. Before that date, every light bulb company used a different metal base and a carbon filament inside the glass bulb. GE used a tungsten filament that gave more light, but cost more. They licensed the Mazda name, socket size and filament technology to other companies, and the Edison Company used them. The Edison-Mazda name was used until 1945. The name Mazda still is used for automobile lights and batteries.

**Q: I inherited my grandparents' table, buffet and bookcase. I think they're walnut and they haven't been refinished. They were in my mother's basement for over 40 years and there is some**

**mold on them. What is the best way to treat these pieces without damaging them?**

**A:** To avoid breathing mold spores, be sure to wear a dust mask and safety goggles. Use a vacuum with a HEPA filter and brush attachment to remove any loose mold. Then, clean the surface with a solution of dishwashing detergent and warm water. Scrub gently with a sponge, cloth or brush, being careful not to soak the wood. You can use bleach or a mold killer, but be sure to test it on an inconspicuous place on the furniture before using it. Rinse with a clean cloth dipped in water and wrung out. Dry the furniture with another clean cloth. If mold remains, the spot may need to be sanded. A combination vacuum-sander should be used. After the wood is completely dry, you can polish it.

### CURRENT PRICES

Terra cotta sculpture, sitting man, braiding ropes, long gloves, 10 1/2 x 7 3/4 inches, \$70.  
Toy, tractor dump truck, black rubber tread tires, crawling, tin lithograph, Marx, 14 inches, \$120.  
Music, Melodeon, SD & HW smith, rosewood, reticulated music stand, 32 1/2 x 56 inches, \$180.  
Tiffany glass, bowl, gold iridescent, scalloped rim, wide ribs, favrile, 1920s, 2 1/4 inches, \$210.

**TIP:** In snowy weather, make tracks both in and out of your door. One set of tracks leaving the house is an invitation to an intruder. Or perhaps you could walk out of the house backward.

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## STICKELERS

by Terry Stickels

Using the numbers 5, 6, 7 and 8 once and only once, what is the largest number that can be created by "stacking" the numbers in exponential form? What are the second and third largest?

Examples:  $6^{875}$   $5^{768}$   $87^{65}$

You may stack the numbers any way you choose in any combination to achieve the largest number.

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## Strange BUT TRUE

\* In this time of bitter partisan rivalries, it would be well to remember the following sage observation: "Do not trust to the cheering, for those persons would cheer just as much if you and I were going to be hanged." The man who first made that observation was Lord Protector of England Oliver Cromwell, considered by some to be a hero of liberty, by others to be a regicidal dictator. He died in 1658, probably from septicemia. He was so reviled that, three years later, his body was exhumed so that he could be posthumously executed, his body thrown into a pit and his head displayed on a pole outside Westminster Hall.

\* Those who study such things say that if all the gold in the world were combined in one lump, it would result in a cube that measures 20 yards on each side.

\* The acids in your digestive system are so corrosive that your stomach

must produce an entirely new lining every three days.

\* You might be surprised to learn that the mother of Sir Winston Churchill, that quintessential icon of Britishness, was actually born an American in Brooklyn, New York. Lady Randolph Spencer-Churchill, nee Jeanette Jerome, was a socialite, and it is through her that Winston Churchill is related to his wartime ally, Franklin Delano Roosevelt. The prime minister and the president were seventh cousins, once removed.

\* If you're planning to travel to Washington state with nefarious plans, here's an interesting law to keep in mind: Any motorist with criminal intent is required to stop before entering a town and inform the chief of police of his or her presence.

**Thought for the Day:** "The difference between fiction and reality? Fiction has to make sense." — Tom Clancy

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## Now here's a tip!

by Jo Ann Derson

\* Studies show that people who eat more fiber take in fewer calories, and if you're on a healthy mission, take heed: Keep your focus on whole food sources of fiber, like veggies, fresh fruits and nutritious whole grains.

\* "Make life easier on yourself. Set a timer on your phone when you put a load of laundry in the wash. That way, you can pop it in the dryer right when it's done. The less time your clothes sit, the better. You'll be done with your laundry sooner, too."

— R.R. in Arizona  
\* Cinnamon in the garden? Yep, cinnamon is a natural fungicide, and you can use it on cuts on flowers to help the plant root. Simply dip the cut end in cinnamon powder before rooting.

\* Use clingwrap over the top of a coffee mug or tumbler in order to take your drink "to go." Just create a small hole at the edge of the cup for sipping, or poke a straw through the center for easy access.

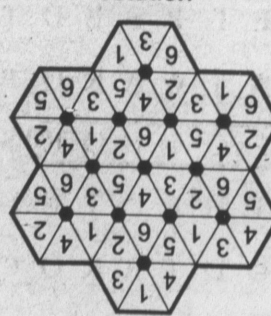
\* "I purchased a nice lotion in a very pretty pump bottle. After the lotion was all used up, I repurposed the bottle as a soap dispenser at my kitchen sink. It matches better, and I like having a pump bottle, because it's easy to get a little bit of soap on your sponge." — E.S. in Alabama

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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## SNOWFLAKES

solution



### Stickelers Answer

The largest number is  $5^{876}$  long way. Second is  $5^{876}$  power. It is the largest number by a approximately 10 to the 4.5 millionth power.

### Go Figure! answers

|    |    |    |    |
|----|----|----|----|
| 13 | 14 | 14 | 14 |
| 15 | 5  | 3  | 6  |
| +  | ÷  | ÷  | +  |
| 10 | 4  | 6  | 1  |
| x  | x  | x  | ÷  |
| 03 | 2  | 7  | 8  |

JAN

10

2

0

1

9



# CLASSIFIEDS

ANIMAL SHELTER    ANIMAL SHELTER    PERSONAL    SERVICES    SERVICES    SERVICES

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| <b>QUINCY MARKET</b><br>Corner of Temple<br>& Washington St.                    | <b>ARTERY<br/>GROCERY</b><br>1000 Southern Artery  | <b>7-11</b><br>721 Hancock St.                                | <b>DAILY<br/>MART</b><br>291 Quincy Ave.          |
| <b>GOODIE'S STORE</b><br>1250 Hancock St.,<br>Presidents Place                  | <b>7-11</b><br>495 Washington St.                  | <b>BEALE ST.<br/>NEWS AND TOBACCO</b><br>17 Beale St.         | <b>ROCHE<br/>BROTHERS</b><br>The Falls            |
| <b>NEW STORE<br/>ON THE BLOCK</b><br>1183 Hancock St.,<br>Quincy Ctr. T Station | <b>DAIRY FARM</b><br>330 Washington St.            | <b>CVS</b><br>42 Beale St.                                    | <b>WALGREENS</b><br>418 Quincy Ave.               |
| <b>HANCOCK<br/>MARKET</b><br>5 Cottage Ave.                                     | <b>7-11</b><br>230 Washington St.                  | <b>COFFEE<br/>BREAK CAFE</b><br>12 Old Colony Ave.            | <b>CORNER<br/>FOOD SHOP</b><br>171 West St.       |
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| <b>7-11</b><br>78 Franklin St.                                                  | <b>COPELAND<br/>LIQUORS</b><br>273 Copeland St.    | <b>WALGREENS</b><br>324 Hancock St.                           | <b>TEDESCHI'S</b><br>751 E. Squantum St.          |
| <b>SHOP N SAVE<br/>LIQUORS</b><br>20 Independence Ave.                          | <b>GRANITE MART</b><br>308 Willard St.             | <b>RED APPLE<br/>FOOD SHOP</b><br>48 Billings Rd.             | <b>LUCKY<br/>SHAMROCK</b><br>265 Beale St.        |
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| <b>PRESIDENTIAL<br/>LIQUORS</b><br>25 Scammell St.                              | <b>JOE'S PLACE</b><br>260 Centre St.               | <b>LUCKY'S WINE<br/>&amp; LIQUOR</b><br>66 Newbury Ave.       | <b>EVEREST MARKET</b><br>121 Standish Ave.        |
| <b>ADAMS VARIETY</b><br>22 Independence Ave.                                    | <b>CORNER FOOD<br/>MARKET</b><br>1060 Hancock St.  | <b>ATLANTIC MARKET<br/>&amp; LIQUORS</b><br>247 Atlantic Ave. | <b>ADAMS SHORE<br/>SUPERMARKET</b><br>494 Sea St. |
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- ☐ Help Wanted
- ☐ Work Wanted
- ☐ Pets
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# Taking A Plunge For Atherton Hough Elementary School

Cont'd From Page 14

viding safety measures for the event.

Laforest also commended the PTO for hosting the annual event for bringing the community together.

"The kids are just having a ball," she said. "Look at their faces, being able to say they did it. It's really fun for them. It's all about community spirit and Houghs Neck has plenty of that. Here's to a great year."

The polar plunge was founded four years ago by Atherton Hough PTO member Nancy Cross as a fundraiser for the school. It has been held each January at the maritime center.

Earnest explained that the plunge is a fundraiser and community get together for Atherton Hough School. Participants pays \$20 each. Additionally, T-shirts and baked goods are sold.

"It's a community event to kick off the second half of the school," she said.

Earnest said that each year the PTO sets a fundraising goal to purchase needed items for the school.

"Last year it was alternative seating which teachers have really loved with the exercise balls and stability chairs," she said.

The alternative seats are specially designed to help hyperactive students. The seating units are standing desks with seats similar to an exercise ball - some with a back - allowing students some freedom to move while still being engaged in the classroom.

The seats have been found beneficial to students diagnosed with such learn-

ing disabilities as attention deficit disorder, hyperactivity and autism. Students with these disabilities struggle to focus and learn and may fidget and feel a need to move.

Alternative seats give students an outlet to move a bit and to reposition. This has proven to reduce restlessness and improve student participation and engagement as well as posture and coordination.

"This year we're hoping to supplement the alternative seating and things that the teachers need to use in their classroom," said Earnest.

In addition, the PTO is hoping to purchase an LED sign in front of the school that will display dates of community events.

Hockney, who is head of fundraising at Atherton Hough, said the plunge is "a way to bring the community together and get us ready for next year."

She noted last year's event raised about \$1,000 and this year hoped to raise at least a few hundred dollars.

"It's not a huge fundraising event, but certainly is worth it," Hockney said.

More Polar Plunge Photos Online: [www.TheQuincySun.com](http://www.TheQuincySun.com) (galleries)



DAVYN HOCKNEY, a kindergartener at Atherton Hough Elementary School, was among the youngest participants at Saturday's Houghs Neck Polar Plunge at the Maritime Center. Here he clutches the hand of his mom, Jill Hockney, one of the event's coordinators, as they head for dry land after take a quick dip.

Quincy Sun Photo/Robert Bosworth

## Quincy Police Adult Self Defense Program Jan. 22-23

Quincy Police will offer a free Adult Self Defense Program Tuesday and Wednesday, Jan. 22 and 23.

The two-night course will be held from 6 to 8:30 p.m. at the Quincy Sons of Italy, 120 Quarry St.

This program is open to females aged 18 and up, 16

if with a parent/guardian and there is no residency requirement.

Attendance is required both nights because this is a progressive learning program.

There is no exam and no one is required to do anything that they do not feel

comfortable with.

The first night involves learning strikes, blocks and blows and the second night

provides an opportunity to test your skills against an "attacker."

To sign up or get more

information, contact Quincy Police Lt. Dan Minton at 617-745-5719 or [dminton@quincyma.gov](mailto:dminton@quincyma.gov).

## Blood Drive Friday At Carney Hospital

Carney Hospital will host a Blood Drive in honor of National Blood Donor

Month on Friday, Jan. 11 from noon to 5 p.m. in the hospital's Cushing Auditorium.

Carney Hospital is located at 2100 Dorchester Ave., Dorchester. To schedule your blood donation visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter Carney as the Zip/Sponsor Code or call 1-800-RED-CROSS.

For more information about other events and classes at Carney Hospital, visit [www.carneyhospital.org](http://www.carneyhospital.org).

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